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Tuesday



Hillary Clinton is leading in polls in Pennsylvania.

Final Push: Clinton reaches for key win in Pa. primary | **3**

Zones Out: D.C. court sides with Fenty on taxi meters | **9**



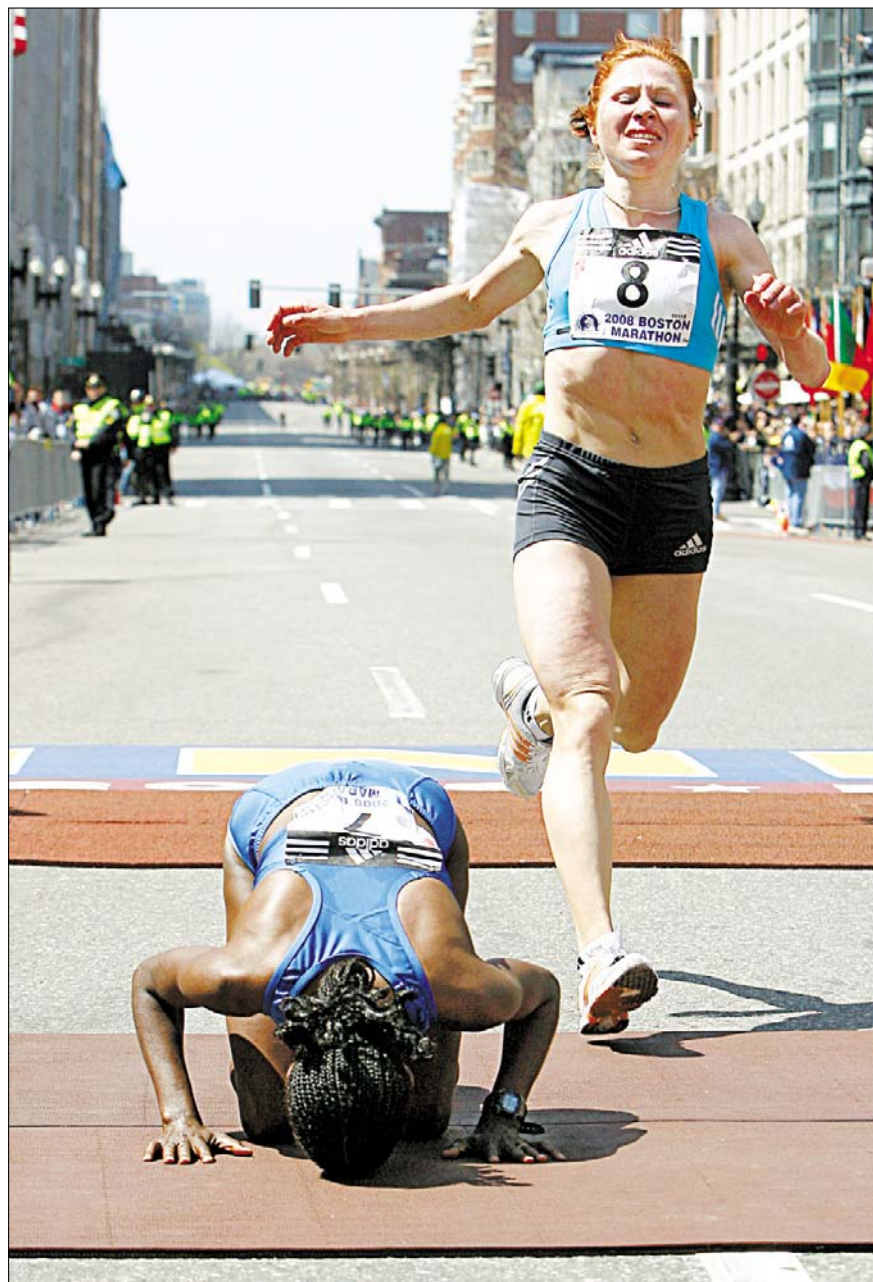
Going Deep:
 Draft is filled with talented cover corners | **10**

ENTERTAINMENT

Be Himself:

Neil Patrick Harris is Neil Patrick Harris in the new 'Harold and Kumar.' Plus, Judy Greer finally scores the lead role.

>> **15-19**



Close Finish at the Boston Marathon

SECONDS COUNT: Dire Tune of Ethiopia kisses the ground after winning the women's division of the Boston Marathon Monday by two seconds over Alevtina Biktimirova of Russia in the closest women's finish in race history. Kenyan Robert Cheruiyot won the men's division for the fourth time in five tries running the marathon. The winners earned \$150,000, the biggest prize in major marathon history.

Women in U.S. Dying Younger

Study shows life expectancy of females has fallen sharply

For the first time since the Spanish influenza of 1918, life expectancy is falling for a significant number of American women. In nearly 1,000 counties that together are home to about 12 percent of the nation's women, life expectancy is now shorter than it was in the early 1980s, according to a study published Tuesday.

The downward trend is evident in places in the Deep South, Appalachia, and the lower Midwest. It is not limited to one race or ethnicity but is more common in rural, and low-income areas. The most dramatic change occurred in two areas in southwestern Virginia (Radford City and Pulaski County), where women's life expectancy has declined by more than five years since 1983.

The trend appears to be driven by increases in deaths from diabetes, lung cancer, emphysema and kidney failure. It reflects the long-term consequences of smoking, a habit women took up in large numbers decades after men did, and the slowing of the historic decline in heart disease deaths. It may also represent the leading edge of the obesity epidemic. "I think this is a harbinger," said Christopher J.L. Murray, a physician and epidemiologist at the University of Washington, who led the study. DAVID BROWN (THE WASHINGTON POST)

DEATH RATE More results from the new study:

- Life expectancy dropped by about 4 percent for men since 1983.
- About half of all U.S. deaths are attributable to behavior like smoking, diet and lack of exercise.



DO YOU AGREE WITH STEPHEN HAWKING'S CLAIM THAT THERE IS ALIEN LIFE IN THE UNIVERSE? **A YES B NO**

WWW.READEXPRESS.COM | VISIT OUR WEB SITE TO CAST YOUR VOTE. FOR MONDAY'S POLL RESULTS, SEE PAGE 32

TUESDAY 66 53 **WEDNESDAY** 72 56 **THURSDAY** 78 55

TODAY: Mostly cloudy with mild temperatures; somewhat breezy | **30**

eyeOpeners

CHURCH

Tapping the Keg of Life

Beer was on tap as a new church held its inaugural service in a Sidney, Ohio, bar. The bar-room church is an offshoot of Sidney United First Methodist Church, whose head pastor says he's been looking for creative ways to reach people. The church's Web site for its new branch advertises "Top regional bands, pizza, wings, rowdy fun and a short message." The Rev. Chris Heckaman's sermon compared staying on the bar's mechanical bull to learning how to get along in life. (AP)



LOGIC

'Don't Kill This Killer Beast; I Can Sell It'

A Eugene, Ore., pet store owner is calling a police sergeant a hero for saving her from a 12-foot-long Burmese python. Teresa Rossiter had reached into a cage to show the snake to a cus-

tomers when it bit her right hand and coiled around her left arm to throw her to the floor. When Sgt. Ryan Nelson rushed into the store, he was ready to kill the snake. But Rossiter asked him to spare the expensive python, so Nelson pried open the snake's mouth to free Rossiter's hand. "He was the bravest guy ever," said Rossiter. (AP)



BELA SZANDELSZKY/AP

SPOKES

Kick Up Your Wheels

Participants in the Critical Mass bicycle ride lift their bicycles above their heads after the completion of their ride across Budapest, Hungary, on Sunday. Tens of thousands of Hungarian cyclists participated in the Critical Mass, a worldwide movement devoted to riding bicycles. (AP)

PIZZA

Special Seasoning Is Popular With Teens

Police have arrested a pizza parlor manager on charges alleging he sold

marijuana out of his drive-through window in Fort Smith, Ark. Authorities said Monday that state and local investigators acting on a tip went to the Pizza Hut restaurant and found 6 ounces of marijuana and a set of

digital scales in the manager's office. Police said they arrested 28-year-old manager Aaron Massey on Friday on a charge of possession of marijuana with intent to distribute. He was released on \$3,500 bail. (AP)

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CAPITAL STATE: Texas is king of the hill when it comes to corporate headquarters. The Lone Star State passed New York as home to the most big companies in the latest list compiled by Fortune magazine. Texas now boasts 58 headquarters, three more than New York.

Nation



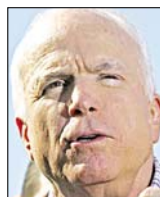
DAILY DIARY | WASHINGTONPOST.COM

ROAD TRIP

'No Forgotten Places'

Sen. John McCain, R-Ariz., began an effort to reach out to minorities and the poor on Monday, saying in Selma, Ala., that he will spend the week visiting people who have been ignored by politicians in both parties.

"There must be no forgotten places in America, whether they have been ignored for long years by the sins of indifference and injustice, or have been left behind as the world grew smaller and more economically interdependent," McCain said in prepared remarks.



McCain

The Republican presidential nominee lavished praise on John Lewis, an African-American leader in the civil rights movement and a long-time Democratic congressman from Georgia. McCain said Lewis is fighting to achieve "a better country than the one he inherited."

Later this week, McCain is scheduled to visit Appalachia, New Orleans, Youngstown, Ohio, and Little Rock, Ark. McCain's advisers say the weeklong trip is designed to make sure the GOP does not cede the issue of compassion to the Democrats. MICHAEL D. SHEAR

washingtonpost.com

For extended analysis and up-to-the minute reports from the campaign trail, visit blog.washingtonpost.com/the-trail

Democrats Make Final Push in Pa.

Clinton seeks a strong showing in Tuesday's presidential primary

BLUE BELL, PA. | Sen. Hillary Rodham Clinton invoked Pearl Harbor, the Berlin Wall and Osama bin Laden as she reached for a victory in Pennsylvania's Democratic presidential primary to recharge her comeback effort.

Sen. Barack Obama said she would probably win but he hoped to keep it close in Tuesday's voting.

Clinton made her closing arguments Monday for the biggest primary left on the election schedule, running an ad with historic images to ask voters who they would trust in the White House during a time of trouble.

Obama tried to end on a positive note after days of escalating accusations against Clinton. He didn't criticize his rival as he spoke with voters at an outdoor plaza in suburban Philadelphia, where tulips and daffodils bloomed and chil-

dren played in the background. "I thought this would be a nice change of pace," Obama said.

Obama suggested in an interview with Pittsburgh radio station KDKA that Clinton probably would come out on top. "I'm not predicting a win. I'm predicting it's going to be close and that we are going to do a lot better than people expect," he said.

Clinton aides tried to keep expectations down, insisting they would be grateful for a win no matter how close. While Clinton began

the race with a hefty 20-point lead in several polls in the state, Obama's extensive campaigning and heavy TV ad purchases significantly cut into her lead.

She told supporters in Scranton, "We really need to bear down in these last few days. The whole world is watching."

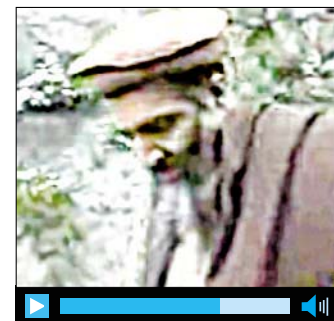
Clinton was hoping a big win in Pennsylvania could boost her chance at the nomination. A loss would increase pressure on her to exit the race, with Obama leading in delegates and popular votes. (AP)

PHILADELPHIA | STREETS OF FIRE



UNDER CONTROL: Firefighters battle a seven-alarm fire in a warehouse located on Adams Avenue in the Juniata Park section of Philadelphia on Monday. Several nearby homes were evacuated because of flying embers that had threatened to set roofs on fire, but firefighters were able to keep the flames from spreading. Authorities reported no injuries.

AdWatch



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—A CAMPAIGN AD FOR HILLARY CLINTON THAT AIRED MONDAY IN PENNSYLVANIA.

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Nation

Convictions Of Recruits Excused

Army, Marines are taking more enlistees with criminal records

WASHINGTON | Under pressure to meet combat needs, the Army and Marine Corps brought in significantly more recruits with felony convictions last year than in 2006, including some with manslaughter and sex crime convictions.

Data released by a congressional committee shows the number of soldiers admitted to the Army with felony records jumped from 249 in 2006 to 511 in 2007. And the number of Marines with felony records rose from 208 to 350.

Those numbers represent a fraction of the more than 180,000 recruits brought in by the active-duty Army, Navy, Air Force and Marines during the fiscal year ending Sept. 30, 2007. The services use a waiver process to let in recruits with felony convictions.

"Waivers are used judiciously and granted only after a thorough review," said Pentagon spokesman Lt. Col. Jonathan Withington.

LOLITA C. BALDOR (AP)

DES MOINES, IOWA



KING CANINE: Buddy sits on a throne as he is crowned most beautiful bulldog by his owner at the 29th Annual Beautiful Bulldog Contest on Monday.

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Principal Investigator: Anna Durbin, MD
Approved by CHR on September 5, 2007 CHR# H.22.04.02.19.A2

7.1

The number of people, in millions, who visited New Orleans last year, up from 3.7 million in 2006. The city has launched aggressive marketing efforts to lure tourists.

Nation



Sen. Barack Obama courts voters during a discussion at Montgomery County Community College in Blue Bell, Pa., Monday.

There's Room for 2 in Pa.

Clinton, Obama have strongholds of support in different regions

PHILADELPHIA | Older, whiter and more female than the nation as a whole, Pennsylvania looks like Sen. Hillary Rodham Clinton country. Wealthier, better educated and more African-American than the rest of the state, Pennsylvania's thickly settled southeast corner could belong to Sen. Barack Obama.

For six weeks, the two Democratic presidential rivals have courted their political bases and sought to carve up each other's support. After both deluged the state with ads, crisscrossed it on buses, planes

and trains, and had a parade of surrogates march through it, Clinton holds a slight lead.

Hillary Clinton, as the state's old slogan used to say, has a friend in Pennsylvania. Its population of 12.4 million has a higher median age, a higher percentage of whites, a lower median household income and fewer bachelor's degrees than the country overall. These are the voters who have flocked to her in past contests.

Obama and his allies are counting on Philadelphia and its suburbs to be the underpinnings of his campaign. They also hope to do well in Pittsburgh.

Pennsylvania is the sixth largest state and the 41st to vote in

this Democratic primary. It has about 4 million registered Democrats, thousands of them added in a recent registration surge. None of the remaining nine states is as big or as rich in delegates.

Fifteen percent of the state's population is over age 65; only Florida and West Virginia have a higher ratio of seniors. Conversely, 10 percent of state residents are between ages 18 and 24, a reliable pro-Obama cohort. Eighty-two percent of the state's population is white, compared with 66 percent for the nation. And 46 percent of the state's voters are gun owners; Clinton has been assiduously courting the subset of that group that votes Democratic. JIM KUHNHEIN (AP)

HEARSAY | ENERGY

"[Gas prices are] killing us. And it was so quick. Every day you see the price go up 5, 6, 10 cents more."

—JEAN BEUNS, A N.Y.C. CABDRIVER WHO ESTIMATES HE IS MAKING \$125 TO \$150 LESS PER MONTH BECAUSE OF FUEL COSTS. GAS HAS TOPPED \$3.50 PER GALLON NATIONWIDE.

DNA to Be Taken From Sect Kids

SAN ANGELO, TEXAS | Lab workers began taking DNA samples Monday from the more than 400 children in state custody since a raid on a polygamist compound more than two weeks ago.

Officials hope the samples, to be taken by cheek swabs from the children and their parents, will

help sort out the confusing family relationships in the convoluted custody case.

Judge Barbara Walther ordered the tests at the request of state officials, who have complained that members of the Fundamentalist Church of Jesus Christ of Latter Day Saints have continually changed their names, have possibly lied about their ages and sometimes have had difficulty naming their relatives. (AP)

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World

35

The percentage of students in Afghanistan's schools who are girls, according to a report by the aid group Care International on Monday. Despite an overall increase in students enrolled in Afghan schools since 2001, the percentage of female students has not grown.

In Brief



Police officers lift a woman who was part of a sit-in in Havana on Monday.

HAVANA, CUBA

Police Break Up Peaceful Sit-in by Women's Group

Police broke up a peaceful sit-in by women demanding the release of their jailed husbands Monday, forcing them aboard a bus and driving them home. The 10 women, half of them members of the "Ladies in White" dissident group, gathered Monday at a park beside Havana's famed Revolution Square. The demonstration was broken up a little more than three hours later. Protests are relatively rare in Cuba. (AP)

PESHAWAR, PAKISTAN

Pro-Taliban Cleric Freed; His Group Signs Peace Pact

Pakistan freed a pro-Taliban cleric and quickly signed an accord with his hard-line group Monday, the first major step by the new government to talk peace with Islamic militants. The day's developments began with the release of Sufi Muhammad, who had been in custody for more than five years, following his dispatch of thousands to fight in Afghanistan. A few hours later, his group signed a pact renouncing violence. (AP)

MADRID, SPAIN

Pirates in Gulf of Aden Fire On Japanese Oil Tanker

Pirates in the lawless Gulf of Aden fired on a Japanese oil tanker Monday, unleashing hundreds of gallons of fuel into the sea, a day after a Spanish tuna boat was hijacked using rocket-propelled grenades. The attacks highlight an alarming increase in piracy by well-armed bandits. Monday's attack helped send crude oil prices to a new record, spiking above \$117 per barrel Monday, before falling back slightly. (AP)

Carter: Hamas Would Accept Israel

Militants send mixed messages after meeting with ex-U.S. president

JERUSALEM | Former president Jimmy Carter said Monday that the Islamic group Hamas was willing to accept the Jewish state as a "neighbor next door," but the militants did not match their upbeat words with concrete steps to halt violence.

Hamas, which advocates Israel's destruction, instead recycled previous offers, including a 10-year truce if Israel takes the unlikely step of withdrawing from the West Bank and Jerusalem first.

Hamas has repeatedly confounded observers with its conflicting messages. Actions on the



Former president Jimmy Carter speaks in Jerusalem on Monday. Carter said Hamas leaders told him they were willing to accept Israel as a "neighbor next door."

ground — seven rockets were fired on Israel from Hamas-ruled Gaza Monday — contradicted the Islamic militant group's positive words

about coexistence and a truce.

A leader of the Hamas military, which carried out a twin suicide bombing on the Gaza border Sat-

urday, said his group would step up attacks against Israel soon.

The rockets came despite a last-minute phone call from Carter, urging a one-month halt to attacks on Israel, to gain international goodwill and defuse tensions.

"I did the best I could," Carter said of his conversation with Hamas' supreme leader, Khaled Mashaal.

Carter, who spoke in Jerusalem Monday about his visit, said top Hamas leaders told him in Damascus over the weekend that they are willing to live next to Israel.

Hours later, Mashaal sent mixed messages. He stressed that while the militants would accept a state within the 1967 borders, Hamas would never recognize Israel outright.

KARIN LAUB (AP)

JAKARTA | INDONESIA PREPARES FOR TORCH RELAY



BIG TORCH TO-DO: Photographers focus their cameras on the Beijing Olympics torch in Jakarta on Monday. The Olympic flame was carried through Kuala Lumpur, Malaysia, on Monday amid blistering sun, torrential rain and isolated protests. Jakarta's shortened, invitation-only relay will take place Tuesday. The event will not be open to the public.

20 Haitians Drown Near Bahamas

NASSAU, BAHAMAS | Haitians fleeing their impoverished homeland met tragedy when their boat went down off the Bahamas, killing at least 20 people and leaving only three known survivors, including an alleged migrant smuggler,

authorities said Monday.

Survivors said the boat was carrying 24 people when it capsized Saturday night, according to U.S. Coast Guard spokesman Luis Diaz in Miami. Early Sunday, fishermen heard survivors' screams.

The migrants appeared to be aiming for U.S. shores. The accident happened less than 150 miles from Miami, said Chief Petty Officer Ralph McKinney of the Royal Bahamas Defense Force.

The boat had set out from Nassau and was supposed to stop in Bimini en route to Florida, he said. (AP)

Iraqi PM Urges Arab Support

Al-Maliki appeals for neighbors to open embassies, forgive debt

BAGHDAD | Iraq's prime minister appealed Monday for support from his Arab neighbors, urging them to open embassies and forgive Iraqi debts as his government tries to crack down on Shiite militias.

But the plea came as militia leaders warned more violence could come.

Followers of Shiite cleric Muqtada al-Sadr, leader of the biggest militia, said they could widen the battles with the government, and asked supporters for blood donations to aid fighters injured during weeks of urban clashes.

With tensions rising, Prime Minister Nouri al-Maliki flew to Kuwait for a meeting Tuesday among Iraq's neighbors to discuss ways they can help Iraq's Shiite-led government. Al-Maliki said he will be looking for tangible support, including relief from Iraq's \$67 billion foreign debt.

ROBERT H. REID (AP)



HONORARY PARISIAN: The Paris city council has bestowed the title of "honorary citizen" on the Dalai Lama. The symbolic council vote led by Mayor Bertrand Delanoe's Socialists and the Green Party comes as France's relationship with China is souring. President Nicolas Sarkozy's conservatives opposed the measure.

World

Latin American Leftists on the Rise

Ex-bishop's election as Paraguay's president isolates conservatives

ASUNCION, PARAGUAY | The victory of the "bishop of the poor" in Paraguay's presidential election expands a wave of leftist leadership in Latin America and isolates the few remaining conservative governments.



Lugo

Once Fernando Lugo is inaugurated on Aug. 15, the only right-leaning governments in Latin America will be Colombia, El Salvador and Mexico — and arguably Peru, where a left-leaning populist party



→ **Population:** 6,831,306
→ **Capital city:** Asuncion
→ **Area:** 406,750 sq. km
→ **Life expectancy:** 76 (CIA FACTBOOK)

has gradually edged to the right.

"The triumph of comrade Fernando Lugo is ... yet another stone in the foundation of this new Latin America that is just, sovereign, independent — and, why not, socialist," Ecuadorean President Rafael Correa gushed during a visit from Argentina's new leftist president, Cristina Fernandez.

In an interview Monday with

The Associated Press, hours after toppling the world's longest-ruling party, Lugo, 56, repeated his distaste for labels: "I'm not of the left, nor of the right."

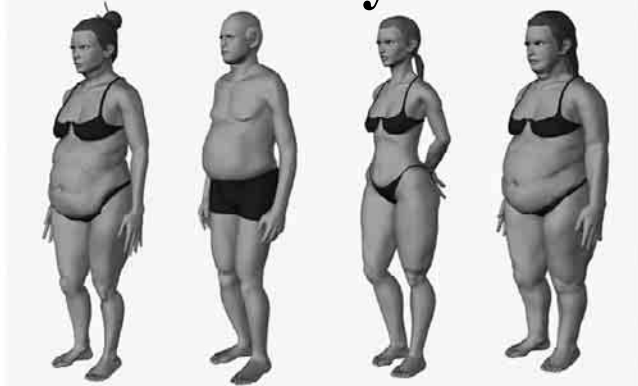
But the former Roman Catholic bishop has said that Marxist-influenced liberation theology inspired his advocacy for the poor, and his victory pushes Paraguay toward the left from the Colorado Party, which has ruled through dictatorship and democracy since 1947, including 35 years under anti-communist Gen. Alfredo Stroessner. BILL CORMIER (AP)

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Money



American automakers are touting luxury vehicles like the Chrysler Hollywood, above, at the Auto China 2008 show in Beijing.

In China, Big Wheels Reign

Bucking hybrid trend, demand for SUVs and luxury cars is rising

BEIJING | High, wide and fuel-hungry, the gleaming black Cadillac Escalade on display at the Beijing auto show is an unlikely car for an era of record oil prices.

But while sport utility vehicle sales in the U.S. are tumbling, automakers are finding that for China's newly prosperous car buyers, bigger is still better.

So, General Motors Corp. has made the Escalade a star of its auto-

show display and is eager to get it on the market here.

"If you look at the fastest-growing market segments in China, there are two — SUVs and luxury cars," said Joseph Y.H. Liu, GM China's vice president for sales and marketing.

Auto sales in China are booming, with analysts and automakers forecasting growth at 15 to 20 percent this year. But demand for the biggest vehicles is even stronger, with sales of luxury cars and SUVs expected to surge by up to 45 percent.

Beijing is trying to encourage the growth of China's auto industry

and domestic sales — but communist leaders are alarmed at pollution and rising dependence on imported oil, which they see as a strategic weakness

Regulators are phasing in tougher emissions standards and higher sales taxes for bigger engines. But bigger models continue to reign even among well-heeled customers.

"The Chinese consumer is still back on the curve of satisfying their basic need for transportation, rather than looking at being green," said John Parker, Ford Motor Co.'s executive vice president for Asia.

JOE McDONALD (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Circor	49.63	+5.68	+12.9
Hasbro	34.65	+3.10	+9.8
Intl Coal	8.47	+73	+9.4
PilgrimsPr	25.59	+2.16	+9.2
NoAmEn g	18.54	+1.54	+9.1

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
NatlCity	6.03	-2.30	-27.6
QiaoXMob n	6.55	-1.14	-14.8
DowneyFn	13.83	-2.32	-14.4
FlagstarB	5.97	-.90	-13.1
ColBgp	8.71	-1.21	-12.2

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
eOnCom rs	2.42	+.92	+61.3
EngyXXI n	5.08	+.80	+18.7
PeopEduc	2.94	+.44	+17.6
EnterMd n	4.95	+.70	+16.5
lomai	2.29	+.02	+0.9

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
AladnKn	15.80	-5.95	-27.4
SilverStB n	5.57	-1.16	-17.2
Angiotch g	2.54	-.48	-15.9
AmritrnsC	2.96	-.55	-15.7
MedCath	19.44	-3.58	-15.6

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	5.25	5.25
Fed Funds close	2.25	2.25
3-month disc	1.32	1.06
2-year	2.15	1.73
10-year	3.71	3.50
30-year	4.47	4.34

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5051	.5015	.4991
Canadian Dollar	1.0071	1.0058	1.1218
European Euro	.6283	.6327	.7352
Japanese Yen	104.17	104.17	118.74
Mexican Peso	10.5374	10.4822	10.9820
Taiwanese Dollar	30.40	30.30	33.18

DOW NASDAQ S&P 500

-24.34	+5.07	-2.16
-0.19	+0.21	-0.16
12825.02	2408.04	1388.17

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	42.61	-.46	-8.2
Amylin	28.18	-3.23	-23.8
BiogenIdc	64.90	-.10	+14.0
BioMarin	34.22	+.29	-3.3
Celgene	64.07	-.38	+38.6
ChRvLab	57.19	+.27	-13.1
Genentch	71.91	-.81	+7.2
Genzyme	74.09	-.65	-.5
GileadSci s	52.10	+.34	+13.2
Illumina	73.98	+.69	+24.8
Imclone	48.46	+2.41	+12.7
Invitrogn	86.20	-.09	-7.7
MillPhar	24.67	+.18	+64.7
QIAGEN	21.82	+.67	+3.7
VertexPh	26.33	+.57	+13.3



TOP TEACHER: Christopher Orlando, a math teacher at Bethesda-Chevy Chase High School, has won the Montgomery County Teacher of the Year award, according to WTOP. Orlando, who has taught for 14 years, receives a laptop and a leased car as rewards.

Local

In Brief

WASHINGTON

Charges Dropped In Possible Hate Crime Beating Case

Prosecutors have dropped charges against a Georgetown University student accused in a possible hate crime beating near campus. They say they don't have enough evidence to prove Phillip Anderton Cooney was the attacker. The 19-year-old sophomore from Texas was arrested after the Sept. 9 attack and charged with assaulting the victim while yelling homophobic slurs. The victim found a profile on the social networking site, Facebook, that resembled his attacker and police worked with the university to make the identification and arrest. (AP)



The George Washington mannequin now sits in the House Office Building.

ANNAPOLIS, MD.

Md. Statehouse Closed for Repairs; Tourists Detoured

For eight months, tourists in Maryland's capital city won't be able to get a look inside the 228-year-old State House, where even a mannequin of George Washington has been displaced for badly needed renovations. It's the first time the building has been shut down and cleared out for such extensive work on the building's heating and cooling piping system. "It's a little bit of a let-down, but we knew it was going to be closed," said Zane Lambert, who accompanied a school trip Monday from Laurel, Miss. (AP)

WASHINGTON

Suspicious Package Cleared From White House Grounds

The Secret Service says a suspicious package found on the northeast grounds of the White House has been declared safe. Secret Service spokesman Ed Donovan says the package was spotted around 3 p.m. and was cleared at 5:10 p.m. (AP)

Court Backs D.C. Taxi Meter Plan

Fenty's order for cabs to switch to the meter fare system is upheld

WASHINGTON | An attempt by taxi drivers to preserve the District of Columbia's idiosyncratic system for calculating fares failed Monday when a judge upheld the mayor's order for all taxis to be equipped with meters.

A lawyer for the drivers said they would appeal, but the city plans to forge ahead with its May 1 deadline for meters to be installed. Taxi fares in D.C. are currently based on geo-

graphic zones. Critics of the system — unique among major cities — say it's confusing, particularly to out-of-town visitors.

Mayor Adrian M. Fenty announced in October that he would go along with a provision passed by Congress to abolish zones and require meters. The provision gave Fenty the option to opt out of the switch but forced him to make a choice.

Taxi drivers opposed to the change argued in a lawsuit that Fenty had no right to require the change over the authority of a taxicab commission that sets rules and

HOLDING OUT HOPE

→ William Wright, president of the Taxicab Industry Group, said drivers are still hopeful the D.C. Council will step in with legislation calling for zone-based meters rather than the time- and distance meters that Fenty chose.

→ Zone-based meters would be similar to the current system, but the fares would be calculated by a machine using a GPS system and would be documented with a receipt.

fares. District of Columbia Superior Court Judge Brook Hedge rejected that claim.

Many taxi drivers had been waiting for the court's decision before paying the estimated \$350 to have a meter installed.

The new taxi rules are still set to go into effect May 1. The mayor planned an announcement Tuesday to explain the steps necessary to implement the change. City officials have said drivers who have not installed meters by the deadline will face a \$1,000 fine every time they're caught picking up riders without meters. BRETT ZONGKER (AP)

HYATTSVILLE, MD. | STORM DESTROYS SCHOOL ROOF



MAJOR CLEANUP: Workers survey the tornado damage to George E. Peters Seventh-day Adventist Elementary School on Monday. No one was injured. Debris ripped from the roof Sunday night littered the school parking lot.

Few D.C. Pupils Use Free Tutoring Program

WASHINGTON | Only about one in 10 of D.C.'s public school students who are eligible for free tutoring took advantage of the program last year.

A provision of the No Child Left Behind Act requires school systems to pay third-party companies for after-school tutoring at schools that have missed federal benchmarks for two years or more. In D.C., half of

the city's students are entitled to the extra help.

The tutoring is paid for with federal dollars, but that money is being left on the table.

Shanika Hope of the State Superintendent's Office says about 37,000 students met the qualifications for free tutoring last year. But just over 3,000 students used the services. (AP)

The Lotteries

Monday, April 21

DISTRICT

Mid-day Lucky Numbers **1-7-2**
Evening Lucky Numbers (Sun.) **4-1-8**
Mid-day DC 4 **5-9-2-7**
Evening DC 4 (Sun.) **0-2-2-0**
Rolling Cash Five (Sun.) **2-8-13-14-29**
Daily 6 (Sun.) **6-24-28-29-33-36 Bonus: 3**

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be

MARYLAND

Mid-day Pick 3 **7-3-5**
Evening Pick 3 (Sun.) **8-5-2**
Mid-day Pick 4 **5-8-7-1**
Evening Pick 4 (Sun.) **9-0-7-1**
Match 5 (Sun.) **7-16-19-24-34 Bonus: 37**

VIRGINIA

Mid-day Pick 3 **7-8-8**
Evening Pick 3 (Sun.) **5-7-4**
Mid-day Pick 4 **0-9-0-5**
Evening Pick 4 (Sun.) **5-8-2-1**
Mid-day Cash 5 **7-8-26-28-34**
Evening Cash 5 (Sun.) **8-11-18-28-29**

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Sports



IN RESERVE: San Antonio Spurs guard Manu Ginobili has won the NBA's Sixth Man Award after averaging a career-high 19.5 points with 4.8 rebounds and 4.5 assists. Ginobili came off the bench in 51 of the 74 games he played this season.

2008 DraftTracker

NFL PREVIEW | BY MARK MASKE

The Cornerbacks



DAVE MARTIN/AP

1 Leodis McKelvin

Troy, H: 5-10 1/2. W: 190

→ Also a great kick returner with seven career punt return touchdowns.

2 D. Rodgers-Cromartie

Tenn. St., H: 6-1 1/2. W: 182

→ Standout at the Senior Bowl and the scouting combine.

3 Aqib Talib

Kansas, H: 6-1. W: 206

→ Solid first-rounder; has some off-the-field issues.

4 Mike Jenkins

S. Florida, H: 5-10 1/2. W: 197

→ Small size remains a concern.

5 Antoine Cason

Arizona, H: 6-0. W: 190

→ Five interceptions as a senior and 15 in his career.

Redskins Interest

THEY NEED SAFETY HELP because they have just three on the roster. The death of Sean Taylor turned a position of strength into one of need, though the young duo of LaRon Landry and Reed Doughty held up admirably down the stretch. The Redskins have plenty of young cornerbacks, though it remains to be seen how soon all can contribute.

IN The Washington Post

In preparation for Saturday's NFL draft, Mark Maske will break down a different position every day this week. For in-depth analysis, pick up the Post | **Today, Sports**

Corners Have the Draft Well Covered

4 or 5 guys will likely go in the first round, but in what order?

NFL DRAFT | Talent evaluators in the NFL seem to agree on a few things about this year's class of draft-eligible cornerbacks: It's a pretty solid group, and just about every team would be overjoyed to add one of the draft's top cornerbacks.

"You never have enough corners," Vinny Cerrato, the Washington Redskins' executive vice president of football operations, said at the NFL scouting combine.

But that's where the agreement ends, because there's no consensus, executives around the league say, about how the top available players should be ranked. By most accounts, that group includes Leodis McKelvin of Troy, Dominique Rodgers-Cromartie of Tennessee State, Aqib Talib of Kansas and Mike Jenkins of South Florida.

"They're all good players," Eric DeCosta, director of college scouting for the Baltimore Ravens, said at the club's pre-draft news conference last week. "I wouldn't say there's a clear-cut number one corner this year in the draft. I think if you polled every single team, you'd have a different order. But all four guys are worthy of being first-round picks."



DOUG PENSINGER/GETTY IMAGES

Kansas' Aqib Talib is a likely first-rounder in this weekend's NFL draft, but general managers in the league disagree on where he ranks among the other corners.

Playing Safe-ty?

→ Could Shawn Springs make a move to safety this season? The Redskins have a lot of needs and likely won't be able to fill them all in the draft. | **Today, Sports**

IN The Washington Post

The class is regarded as both talented and deep.

"The corners are interesting as a group," said Charley Casserly, the former general manager of the Redskins and Houston Texans. "There are probably four first-rounders and four second-rounders."

None of the top-rated cornerbacks is from a school that is a traditional football power, perhaps producing some of the variance in opinions. McKelvin and Rodgers-Cromartie seem to have emerged as the favorites of the majority of teams, but several executives said in recent days that anything could happen Saturday and the top cornerbacks could come off the board in any order.

The run on cornerbacks is expected to begin toward the bottom part of the top 10.

"Cornerback is a premium position in this league," Giants General Manager Jerry Reese said at the combine. "Everyone wants cornerbacks."

MARK MASKE (THE WASHINGTON POST)

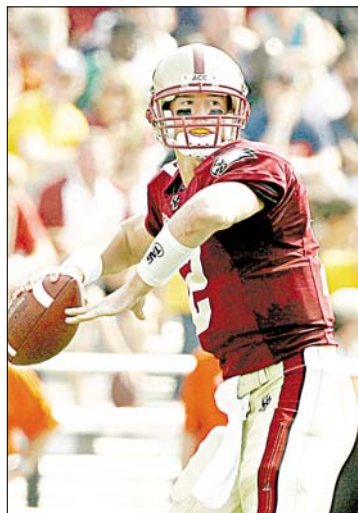
Falcons Must Start Life After Vick

Atlanta officials have said they will pick a QB during the draft

NFL DRAFT | Thomas Dimitroff faces a crucial decision Saturday with the Atlanta Falcons holding the third pick in the NFL draft.

Does Dimitroff, in his first year as general manager, select Boston College quarterback Matt Ryan to further distance the Falcons from the Michael Vick era?

Would defensive tackle Glenn Dorsey of LSU be the wise choice, especially since the Falcons could take a quarterback with one of their three second-round picks?



WINSLOW TOWNSON/AP

Boston College QB Matt Ryan will almost certainly be the No. 1 QB taken.

Other possibilities may include Virginia defensive end Chris Long, Arkansas running back Darren McFadden and Ohio State defensive end Vernon Gholston.

The Falcons, who were 4-12 in 2007, are rebuilding under Dimitroff and new coach Mike Smith after cutting Warrick Dunn, Alge Crumpler and Rod Coleman, and trading DeAngelo Hall.

Dimitroff and Smith have said the Falcons definitely will draft a quarterback. They could wait until later in the draft to consider other quarterbacks, including Louisville's Brian Brohm, Michigan's Chad Henne, Delaware's Joe Flacco or Kentucky's Andre Woodson.

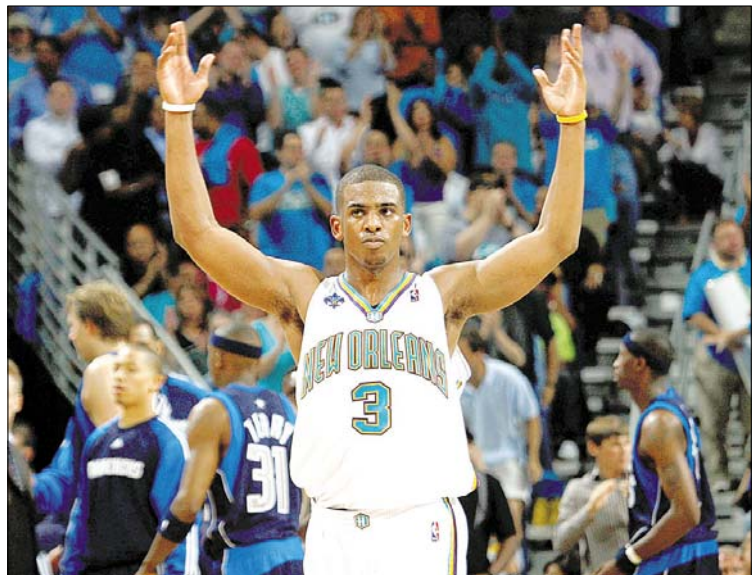
Dimitroff and Smith wouldn't reveal their rankings of quarterbacks or say whether they believe there's a big gap between Ryan and other quarterbacks on their draft board.

The Falcons used three starting quarterbacks — Joey Harrington, Byron Leftwich and Chris Redman — last season. Vick, the team's former star, is serving a 23-month prison term after pleading guilty to charges for a dogfighting operation.

"I think everybody has guys ranked a little bit differently in terms of the order," Smith said. "We put our list together."

The Falcons have 11 picks overall, including four in the first two rounds and seven of the first 103 picks. This offseason, they added K Jason Elam, RB Michael Turner and S Erik Coleman. CHARLES ODUM (AP)

Sports



IF YOU ARE WHAT YOU SAY YOU ARE: Chris Paul scored 35 points in his playoff debut. He scored 15 points in the third quarter, opening up the floor for his teammates.

Dallas Knows It's All on Chris Paul

The Hornets are hard to beat when their MVP candidate shines

NBA PLAYOFFS | With a quick behind-the-back dribble, Chris Paul darted left.

Jason Kidd and Jason Terry, who had converged in the backcourt in an effort to trap the Hornets' playmaker extraordinaire, nearly fell over each other as Paul streaked into the open court.

And there lies the problem for Dallas Mavericks coach Avery Johnson. The Mavs know they have to slow down New Orleans' All-Star point guard, which will often require double teams.

Yet even that doesn't always work against a ball-handling wizard as clever as Paul.

Paul's 35 points and 10 assists in his playoff debut was the talk of the series opener, which the Hornets won 104-92 on Saturday night.

The next day, the Mavericks went back to practice, intent on refining a better defensive plan for Paul in Game 2 on Tuesday night.

"We have a couple of ideas," Johnson said. "He's a heck of a player. He's been doing it to everybody all year. ... We're not going to give away our scouting report, but we just have to

make him work on both ends."

Paul's 11 first-half points kept the Hornets within striking distance in an otherwise terrible first half for New Orleans, which trailed by 12 at intermission. Paul's teammates weren't shooting well, so Paul took pressure off of them by scoring even more. He had 15 in the third quarter, and it seemed contagious.

Hornets coach Byron Scott said the effect of Paul's scoring spurt was that teammates "started getting open looks."

"He did such a good job of getting to the paint and making buckets, and then, all of a sudden he's getting to the paint and then he's finding" open teammates, Scott said. "When he's hitting his jump shot and he's getting in the paint, there's really nobody that can stop him."

Paul's rise to stardom has accelerated this season, his third in the NBA. He was a first-time All-Star, averaging 21 points, 11.6 assists and 2.7 steals. He's one of the leading candidates for the league's MVP award. Now he's getting his first chance to show what he can do in the postseason.

"This is where stars become superstars and I think he definitely has the opportunity to do so," Hornets center Tyson Chandler said. **BRETT MARTEL (AP)**

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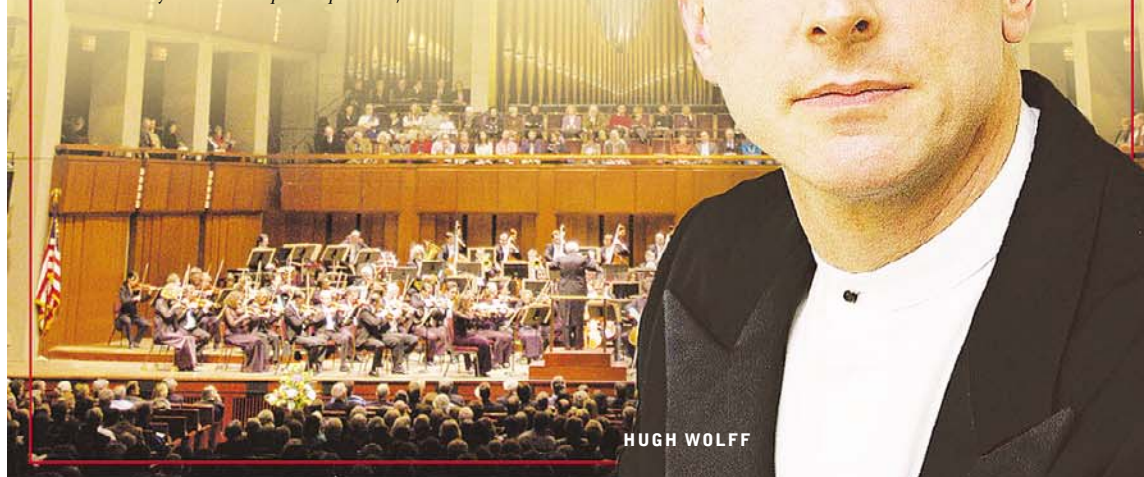
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"There is no question about it: You don't have a guy with a 100 mph fastball and keep him as a setup guy. You have to be an idiot to do that."

—Yankees owner **Hank Steinbrenner** on Joba Chamberlain, who GM Brian Cashman wants to keep in the bullpen.

Sports

Swengali

NATIONALS | BY MATT SWENSON

Cordero and Nats Are in Trouble

WITH SUCH LOW EXPECTATIONS, it takes something pretty special to be surprisingly bad this year for the Nationals.

Yet Chad Cordero's alleged 82 mph fastball last week certainly raised a few eyebrows.

Apparently not injured, "The Chief" said he just needed more time to warm up.

The same could be said about the team, I suppose.

Since winning its first three games of the season, Washington has won two in the past 2½ weeks through Sunday.

There are some early results across the league that seem like anomalies. For instance, the Orioles are probably going to stop being

Odds are the Nats will be very streaky and end up with a fairly bad record.

competitive right about now.

As for the Nationals, there is something very authentic about this stretch. I don't think the Nats are historically bad, but odds are they will be very streaky and end up with a fairly bad record.

And just like the Nats aren't warming up for some great stretch run, Cordero is no longer a suitable closer. You could say Jim Bowden really dropped the ball by not trading Cordero last season to reel in prospects for a player who won't be around when the team is good.

Maybe Cordero can pull together a few saves in a row so a contender takes a flier on the former top stopper.

Let's just hope the Nats improve faster than it takes Cordero's hardball to reach home plate.

Marlins Are Best Baseball Bargain

Florida leads the NL East despite a payroll of just \$22 million

BASEBALL | The Florida Marlins were in the late innings of a tight game when the opposing center fielder, Nationals OF Lastings Milledge, lost a routine fly in the sun and let it fall for a double. Then a wild pitch took a crazy bounce off the backstop, with two runs scored, and the surprising Fish were on their way to another win.

Three weeks into the season, the baseball gods seem to be smiling on the Marlins.

"We'll take it, because we got a lot of frowns last year," manager Fredi Gonzalez says.

The Marlins finished last in the NL East in 2007 at 71-91, then trad-



Teammates greet Dan Uggla after he scored the game-winning run on Saturday.

ed away their biggest stars, Miguel Cabrera and Dontrelle Willis. That deal further reduced Florida's already small payroll, and expectations for this season were also modest.

But the Marlins began this week 5-0 in one-run games, and despite being outscored by 13 runs this sea-

son, they were 11-7 and leading a division that includes the Phillies, the Mets and the Braves.

"We're not surprised," says left-hander Scott Olsen, the ace of an otherwise underwhelming rotation. "We have confidence in each other and ourselves."

With a payroll of \$22 million, it should be surprising whenever the Marlins win a game. The Yankees' payroll is 10 times higher, and thrifty Tampa Bay — with the majors' second-smallest payroll — has Florida doubled at \$44 million.

Even if the Marlins turn out not to be the best team in the NL East, their roster may be baseball's best bargain. It's led by shortstop Hanley Ramirez, who began the week batting .366 with five homers, 14 RBI and only one error. Also off to strong starts are first baseman Mike Jacobs (.304, six homers), left fielder Josh Willingham (.299, four homers) and Cabrera's replacement at third base, Jorge Cantu (.308). (AP)

Late game: The Nationals' game vs. Atlanta ended after Express' deadline. For results | Today's Post, Sports

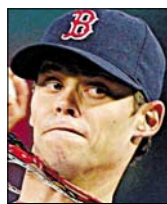
Red Sox Offense Keeps Rolling Against Rangers

BASEBALL | Clay Buchholz pitched six shutout innings, David Ortiz drove in three runs with a pair of doubles and the Boston Red Sox completed a four-game sweep of the Texas Rangers with an 8-3 win Monday.

Julio Lugo went 4-for-4 with a walk and an RBI as the Red Sox scored at least five runs for the ninth straight game. They finished with 12 hits and 11 walks.

The annual game on Patriots Day — a holiday commemorating Paul Revere's ride and the battles of Lexington and Concord in 1775 — began at 11:06 a.m.

And they did it without two of their leading hitters. Manny Ramirez, who was ejected for arguing a third strike in the second inning Sunday, is batting .338 and got the day off. Lefty hitter Sean Casey, with a .349 average, rested against lefty Kason Gabbard. HOWARD ULMAN (AP)



Buchholz

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To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Sports

Net Game Is All Osgood in Round 2

Red Wings will stick with the hot goalie vs. Flames or Avalanche

NHL PLAYOFFS | Chris Osgood helped the Detroit Red Wings eliminate Nashville.

Now, he'll get a chance to keep the Red Wings rolling in the second round.

The goaltender replaced Dominik Hasek in Game 4 and led Detroit to wins in the next two games, giving up only one goal.

"Ozzie's obviously got the net right now, and it's his job to make sure Dom doesn't get it back," Detroit coach Mike Babcock said. "But Dom's going to do everything he can to be ready."

Detroit earned at least a couple of days off before hosting the Flames or Avalanche in Game 1 of a Western Conference semifinal.

Detroit and Colorado matched up in the playoffs five times in 1996-2002, with the Avalanche advancing three times.

"It's been a great rivalry for 10 good years," Nicklas Lidstrom said. "Whoever we play, it's going to be a



Chris Osgood, left, is congratulated by his teammates after beating Nashville.

tough series."

The NHL's top-seeded team credited Osgood's calming presence for helping it stunt the Predators' momentum in the series.

"Osgood just showed some unbelievable composure," Kris Draper said. "We said it all along, we are very fortunate to have two goalies who have won Stanley Cups."

Osgood helped Detroit win a title in 1998, and Hasek did in 2002.

"I don't get too excited, or look too far ahead or in the past," Osgood said. "I play in the now." LARRY LAGE (AP)



Late games: The Wizards' and Caps' playoff games ended after Express' deadline. For scores, analysis, videos and photo galleries, visit | washingtonpost.com/sports.

Bucks Name Skiles Head Coach

NBA | The Milwaukee Bucks introduced new coach Scott Skiles on Monday afternoon.

The move comes less than a week after the firing of Larry Krystkowiak.

The 44-year-old Skiles brings extensive NBA head coaching expe-

rience and a disciplinarian approach to Milwaukee. That's something the Bucks didn't necessarily get from their two previous coaches, Krystkowiak and Terry Stotts.

Skiles, a close friend of Krystkowiak, was fired by Chicago in December. (AP)

TODAY'S TV LINEUP

CAPITALS (7 P.M. ON VERSUS) If necessary, Game 7 between the Caps and Flyers will be in Washington.

NBA PLAYOFFS (7 P.M. AND 9:30 P.M. ON TNT) Dallas is at New Orleans, and Phoenix is in San Antonio for their Game 2's.

NHL PLAYOFFS (10 P.M. ON VERSUS) One of the other Game 7's in the first round features Calgary at San Jose.

SOCCER (2:30 P.M. ON ESPN2) The Champions League semifinals begin with Liverpool hosting Chelsea in the first leg.

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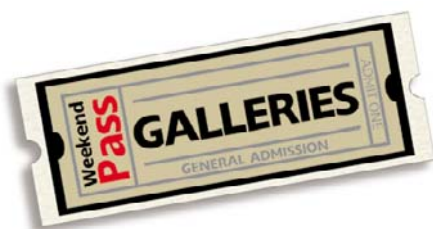
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WeekendPass makes the weekend artful.

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XX143C 3x2



THE EYE CANDY'S ON BOARD: Moon Bloodgood, who starred in NBC's series "Journeyman," will play the female lead in the fourth installment of the "Terminator" series. She will join Christian Bale in "Terminator Salvation: The Future Begins."

Entertainment

The Alpha Alter Ego

Neil Patrick Harris makes another cameo in 'Harold and Kumar'

SELF-PORTRAIT | Imagine getting a chance to play yourself in a movie, but not really playing yourself.

For Neil Patrick Harris, that's what happened when Jon Hurwitz and Hayden Schlossberg gave him a cameo role as himself in "Harold and Kumar Go to White Castle" and its upcoming sequel, "Harold and Kumar Escape From Guantanamo Bay" (in theaters Friday).

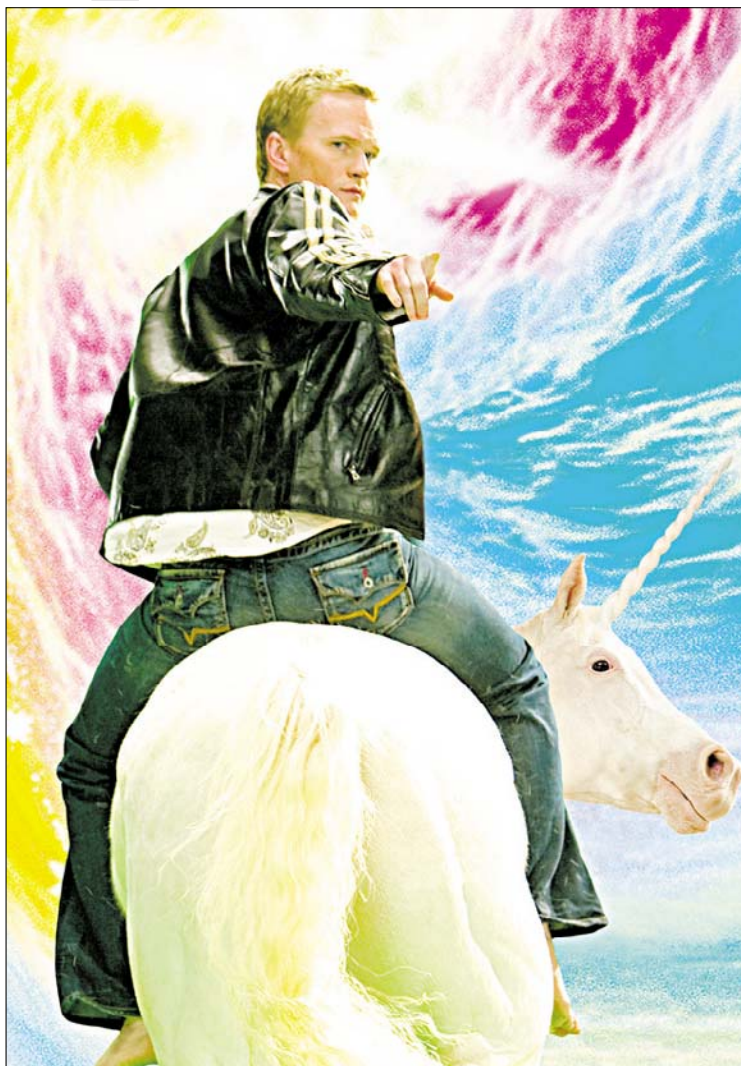
In the sequel, Harris bumps into stoner duo Harold (John Cho) and Kumar (Kal Penn) as they are trying to get to Kumar's ex-girlfriend's wedding in Texas.

The former child star of "Doogie Howser, M.D." talks about playing himself and the Britney cameo.

What do you think of this T-shirt? (It says "What Would NPH Do?" and has a picture of a unicorn.) Where did you get that T-shirt?

They gave it to us in the hospitality suite. Would you wear it? Absolutely cool. Yeah, I'd wear it.

After reading the second "Harold and Kumar" script, weren't you worried about what people would



WHAT WOULD NPH DO? In "Harold and Kumar Escape From Guantanamo," he rides out on the same unicorn he came in on. So, you can try that out, for starters.

think of you?

You see, I loved that element of it. It's obvious that I'm playing a part — that it's me, but then it's not me, but it might be me.

Given what has happened in your personal life between the first movie and this movie (coming out as a gay man in 2006), how do you feel that they didn't change your NPH character to reflect your sexuality?

I think who one is and whom one plays are two wildly different things, and you can be someone and play someone totally different. I'm happy to play this part in their world.

Did the original film affect the creation of your character Barney in "How I Met Your Mother"?

I would say it did. I know the creators saw "Harold and Kumar" and were fans of it, so probably before the film came out I wouldn't have been thought of as an alpha male.

Is Britney Spears coming back?

Doubt it. We're happy that her participation on our show boosted our ratings. I hope it encourages people to watch, but I hope it doesn't create this dynamic of a "Will and Grace," where every week is someone else that you're writing towards. PETERSON GONZAGA (ENTERTAINMENT NEWS WIRE)



FOR MORE TOP STOPS AND ENTERTAINMENT FEATURES, VISIT [READEXPRESS.COM](http://readexpress.com)

GERALDINE BROOKS In Haggadah da Vida



1 Geraldine Brooks, who won the Pulitzer Prize for her novel "March," will be reading from her new book, "People

of the Book." It chronicles the journey of the Sarajevo Haggadah (the oldest Haggadah in existence), from its creation in 15th-century Spain to the present day, seen through the eyes of a rare book expert.

→ *Sixth and I Historic Synagogue, 600 I Street, NW; Tues., 7 p.m., free; 202-408-3100. (Gallery Place-Chinatown)*



HEJ HEJ Swedish for 'Hey, Hey'

2 There's nothing better than Scandinavia. It has volcanoes, Vikings, a butt-kicking luge team and a drink known as "Glogg." Oh, and it has awesome, fun pop music, most of which will be spinning at St. Ex tonight for Hej Hej, D.C.'s only all-Scandinavian dance night.

→ *Café St. Ex, 1847 14th St. NW, Tues., 10 p.m., free; 202-265-7839. (U St.-Cardozo)*

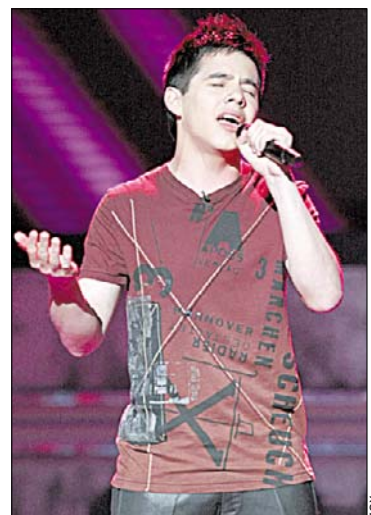
THE WILDERS Country, Straight Up

3 The Kansas City band knows country inside and out and has made the genre its own. Watch it rock some serious hillbilly tonight at Iota. Shortstack opens.

→ *Iota, 2832 Wilson Blvd., Arlington; 8:30 p.m., \$12; 703-522-8340.*

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com



Will David Archuleta strut like Rum Tum Tugger in Lloyd Webber week?

The Music of Tonight

The 'American Idol' hepcats try Andrew Lloyd Webber's tunes

SHOW TUNES | Carly Smithson must be caterwauling "Memory" so loud that her vocal chords are shredded. David Cook's probably buzzing about "Jesus Christ Superstar." And Jason Castro likely wishes he could disappear for a night.

It's Andrew Lloyd Webber week on "American Idol," and the per-

readexpress.com

Which songs do you think the "Idol" contestants should perform tonight? Add your picks to the mix at readexpress.com/idol

formances you hear tonight will be epic. Of course.

It's a night for big voices, which means Castro and Brooke White are at a disadvantage. David Archuleta, on the other hand, might be just as magical as Mr. Mistofffees — pret-

ty much any pick of Lloyd Webber's litter will be fine for his pipes.

Smithson, whose popularity has fluctuated over the past few weeks, would do well to steer clear of torch songs and go for "Think of Me" from "Phantom of the Opera" instead.

Curious ears will tune in to hear what twist Cook's cooked up for his Lloyd Webber turn. Here's a challenge: If he makes something listenable out of "Jellicle Cats," they should just crown him "Idol" king immediately. GREG BARBER (EXPRESS)

Entertainment



MESSING WITH THE GUY YOU DON'T MESS WITH: Hells Angels founder Sonny Barger filed a lawsuit last week against HBO claiming that a new pilot, "1%", was developed with his collaboration. The show centers on a troubled chapter of a motorcycle club.

Thrills & Chills, Nausea-Free

'Cloverfield' on DVD is all the fun without the queasy aftermath

DVD | Paramount Home Entertainment promises that the DVD of "Cloverfield" won't make you throw up. "According to medical professionals, it's unlikely to give you that queasy feeling," the studio's press release says of the J.J. Abrams horror spectacle, which was

shot with handheld cameras and did indeed cause more than a few cases of oopsy-tummy when it was released in theaters in January. The release even goes so far as to quote an audiologist from the Oscher Clinic in New Orleans, who promises that it's easier to maintain visual equilibrium while watching a TV versus a movie screen.

It turns out the dude isn't lying. There is no need to take Dramamine before viewing "Cloverfield"



Michael Stahl-David and Odette Yustman document disaster in "Cloverfield."

(\$29.99) in the comfort of your own home. A more relevant question is whether the movie — which built huge Internet buzz last summer after the trailer debuted prior to screenings of "Transformers" — is worth watching at all.

If you're up for a meaningless, 84-minute adrenaline rush, the answer to that question is yes. Now that there is some distance from all the hype that surrounded it, "Cloverfield" can be taken for what it

is: a clever, postmodern riff on the Godzilla genre, but nothing that's going to permanently haunt anyone's dreams.

The DVD extras strip away any shrouds of mystery still draped over the movie, revealing exactly how green screens, constructed sets and real footage of places like the Brooklyn Bridge collectively created a convincing portrait of a city under attack.

The rest of the features — which include four deleted scenes, outtakes and a commentary track from director Matt Reeves — are decent but not terribly memorable.

JEN CHANEY (WASHINGTONPOST.COM)



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DIGITAL PRESENTATION

THE FORBIDDEN KINGDOM (PG13) 1:50, 4:30, 7:15, 9:55
88 MINUTES (R) 1:30, 2:50, 4:15, 5:25, 7:00, 8:00, 9:40
EXPULSED: NO INTELLIGENCE ALLOWED (PG) 2:50, 5:15, 7:45, 10:15
THE FORBIDDEN KINGDOM (PG13) 2:35, 5:20, 8:05
FORGETTING SARAH MARSHALL (R) 2:20, 3:20, 4:55, 5:55, 7:30, 8:30, 10:00
FORGETTING SARAH MARSHALL (R) 3:20, 5:55, 8:30
PROM NIGHT (PG13) 3:05, 3:30, 5:25, 5:50, 7:40, 8:25, 10:05
SMART PEOPLE (R) 2:15, 4:45, 7:10, 9:35
STREET KINGS (R) 2:10, 2:40, 3:55, 4:50, 5:30, 6:45, 7:30, 8:15, 9:25, 10:10
LEATHERHEADS (PG13) 1:40, 4:20, 7:10, 9:55
NIM'S ISLAND (PG) 2:55, 5:15, 7:40, 10:00
THE RUINS (R) 3:15, 5:35, 7:50, 10:15
21 (PG13) 1:35, 4:15, 7:15, 10:05
SUPERHERO MOVIE (PG13) 3:25, 5:40, 7:55, 10:10
TYLER PERRY'S MEET THE BROWNS (PG13) 2:05, 4:35, 7:05, 9:30
DR. SEUSS' HORTON HEARS A WHO! (G) 3:10, 5:20, 7:35, 9:50
THE BANK JOB (R) 1:45, 4:25, 7:05, 9:45

AMC SELECT
UNDER THE SAME MOON (PG13) 1:25, 4:10, 7:00, 9:40

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
703-998-4AMC

DIGITAL PRESENTATION

STREET KINGS (R) 2:25, 5:00, 7:35, 10:05
88 MINUTES (R) 1:50, 4:30, 7:10, 9:40
THE FORBIDDEN KINGDOM (PG13) 1:00, 2:10, 3:35, 4:50, 6:10, 7:30, 8:50, 10:10
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TYLER PERRY'S MEET THE BROWNS (PG13) 9:15 PM
DR. SEUSS' HORTON HEARS A WHO! (G) 1:15, 3:25, 5:35, 7:45, 9:55

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441

DIGITAL PRESENTATION

LEATHERHEADS (PG13) 2:30, 5:10, 8:00, 10:30
88 MINUTES (R) 1:45, 4:30, 7:45, 10:20
THE FORBIDDEN KINGDOM (PG13) 1:30, 4:10, 7:00, 9:45
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THE RUINS (R) 2:40, 5:00, 7:20, 9:50
21 (PG13) 1:50, 4:50, 7:50, 10:30
STOP-LOSS (R) 1:20, 4:00, 6:45, 9:30
DR. SEUSS' HORTON HEARS A WHO! (G) 1:00, 3:15, 5:35, 8:10, 10:15
THE BANK JOB (R) 2:05, 4:35, 7:25, 10:10

AMC SELECT
IN BRUGES (R) 2:25, 5:05, 7:40, 10:25

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

DIGITAL PRESENTATION

THE FORBIDDEN KINGDOM (PG13) 3:25, 6:30, 9:25
10,000 B.C. (PG13) 4:00, 9:30
88 MINUTES (R) 2:00, 4:55, 7:35, 10:10
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THE FORBIDDEN KINGDOM (PG13) 1:45, 4:25, 7:25, 10:15
FORGETTING SARAH MARSHALL (R) 1:30, 2:30, 4:15, 5:15, 7:00, 8:00, 9:40
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THE RUINS (R) 1:20, 6:50
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TYLER PERRY'S MEET THE BROWNS (PG13) 2:05, 4:35, 7:10, 9:50
DR. SEUSS' HORTON HEARS A WHO! (G) 1:15, 3:45, 6:35, 9:10

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
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88 MINUTES (R) 2:40, 5:10, 7:40, 10:20
EXPULSED: NO INTELLIGENCE ALLOWED (PG) 2:30, 5:00, 7:30, 10:00
SMART PEOPLE (R) 3:00, 5:30, 7:50, 10:10
NIM'S ISLAND (PG) 2:20, 4:30, 6:50, 9:10
21 (PG13) 2:35, 5:20, 8:00, 10:40
STOP-LOSS (R) 2:00, 4:40, 7:10, 9:40
THE BANK JOB (R) 3:10, 5:40, 8:10, 10:35

AMC SELECT
IN BRUGES (R) 2:10, 4:50, 7:20, 9:50

MAGIC JOHNSON CAPITAL CENTRE 12
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88 MINUTES (R) 1:05, 4:10, 7:05, 9:50
THE FORBIDDEN KINGDOM (PG13) 12:35, 1:15, 3:15, 4:15, 6:15, 7:15, 9:15, 9:50
PROM NIGHT (PG13) 1:30, 2:30, 3:45, 4:45, 6:30, 7:30, 8:45, 9:45
STREET KINGS (R) 12:30, 1:25, 3:00, 4:05, 6:05, 7:00, 9:00, 10:00
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THE RUINS (R) 4:35, 9:35
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DR. SEUSS' HORTON HEARS A WHO! (G) 12:25, 2:35, 5:00, 7:10, 9:25
COLLEGE ROAD TRIP (G) 2:05, 7:05

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

REMEMBER THE DAZE (R) 1:30, 4:10, 7:20
PRICELESS (NR-NOT RATED) 1:50, 4:30, 7:00

AMC SELECT
MY BLUEBERRY NIGHTS (PG13) 2:10, 4:40, 7:10
MISS PETTIGREW LIVES FOR A DAY (PG13) 2:30, 5:00, 7:40
THE COUNTERFEITERS (R) 2:00, 4:20, 7:00
THE BAND'S VISIT (PG13) 1:40, 3:50, 7:50
IN BRUGES (R) 2:20, 4:50, 7:30

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

SHINE A LIGHT (PG13) 2:40, 5:20, 8:00

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

DIGITAL PRESENTATION

LEATHERHEADS (PG13) 1:10, 3:50, 7:00, 10:05
88 MINUTES (R) 1:40, 4:25, 7:20, 10:00
THE FORBIDDEN KINGDOM (PG13) 1:05, 2:20, 3:45, 5:25, 6:30, 8:00, 9:10, 10:40
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PROM NIGHT (PG13) 12:40, 1:50, 2:50, 4:00, 5:05, 6:15, 7:25, 8:40, 9:40, 10:55
SMART PEOPLE (R) 1:00, 3:25, 5:40, 7:55, 10:15
STREET KINGS (R) 12:40, 2:00, 3:20, 4:30, 5:55, 7:05, 8:25, 9:55, 11:00
NIM'S ISLAND (PG) 2:10, 4:40, 7:15, 9:35
THE RUINS (R) 12:50, 5:50, 10:35
21 (PG13) 1:15, 4:15, 5:15, 7:00, 8:15, 9:50, 11:00
SUPERHERO MOVIE (PG13) 12:55, 3:05
DR. SEUSS' HORTON HEARS A WHO! (G) 1:20, 3:30, 5:35, 7:45, 10:10
THE BANK JOB (R) 3:10, 8:05

AMC MAZZA GALLERIE
Jennifer and Wisconsin
202-537-9553

THE FORBIDDEN KINGDOM (PG13) 2:15, 4:50, 7:25
FORGETTING SARAH MARSHALL (R) 2:25, 5:15, 8:00
PROM NIGHT (PG13) 2:20, 4:35
STREET KINGS (R) 2:05, 4:55, 7:35
NIM'S ISLAND (PG) 2:10, 4:40, 7:10
21 (PG13) 2:00, 4:45, 7:30
DR. SEUSS' HORTON HEARS A WHO! (G) 3:20, 5:30, 7:40

LOEWS RIO CINEMAS 18
9811 Washingtonian Boulevard
301-948-0906

DIGITAL PRESENTATION

THE FORBIDDEN KINGDOM (PG13) 1:30, 4:25, 7:10, 10:05
88 MINUTES (R) 1:55, 4:40, 7:20, 10:00
EXPULSED: NO INTELLIGENCE ALLOWED (PG) 1:00, 3:20, 5:40, 8:05, 10:30
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THE RUINS (R) 12:55, 5:25, 10:25
21 (PG13) 2:00, 4:55, 7:45, 10:30
SUPERHERO MOVIE (PG13) 3:15, 7:40
DR. SEUSS' HORTON HEARS A WHO! (G) 1:15, 3:25, 5:40, 7:50, 10:00

AMC SELECT
UNDER THE SAME MOON (PG13) 2:00, 4:45, 7:35, 10:15

LOEWS WHITE FLINT 5
North Bethesda
1-800-FANDANGO #741

88 MINUTES (R) 1:45, 4:35, 7:05
LEATHERHEADS (PG13) 2:00, 4:30, 7:10
NIM'S ISLAND (PG) 1:45, 4:15, 7:00
21 (PG13) 1:55, 4:45, 7:15
DR. SEUSS' HORTON HEARS A WHO! (G) 1:50, 4:20, 7:00

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Department of Health and Human Services
National Institutes of Health



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Adv. Tix on Sale IRON MAN (PG-13) ★

Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★

EXPELLED: NO INTELLIGENCE ALLOWED (PG) (1145 220) 500

FORGETTING SARAH MARSHALL (R) - ID REQ'D (1200 1245) 315

88 MINUTES (R) - ID REQ'D (1210 245) 520 755 1030

STREET KINGS (R) - ID REQ'D (1230) 330 710 950

STREET KINGS (R) - ID REQ'D (230) 510 800 1040

SMART PEOPLE (R) - ID REQ'D (1155 215) 450 745 1005

PROM NIGHT (PG-13) (1140 210) 440 720 945

LEATHERHEADS (PG-13) (1250) 400 735 1015

OC: 21 (PG-13) (1235) 700

TYLER PERRY'S: MEET THE BROWNS (PG-13) (1135 300) 425

HORTON HEARS A WHO (G) (1240) 310 530

THE BANK JOB (R) - ID REQ'D (1220 100) 320 430 630 740 930

FORBIDDEN KINGDOM (PG-13) (1220 100) 320 430 630 740 930

THE RUINS (R) - ID REQ'D (1150) AM

BALLSTON COMMON STADIUM 12

Glebe Rd, Arlington 800-FANDANGO 377#

FORBIDDEN KINGDOM (PG-13) (140 220 430 510) 720 800 1010

FORGETTING SARAH MARSHALL (R) - ID REQ'D (120 200 410

450) 700 740 950 1030

STREET KINGS (R) - ID REQ'D (210 500) 745 1035

PROM NIGHT (PG-13) (300 525) 750 1025

LEATHERHEADS (PG-13) (1250 340) 630 920

RUN, FATBOY, RUN (PG-13) 1005 PM

UNDER THE SAME MOON (PG-13) (150 440) 730 1015

HORTON HEARS A WHO (G) (125 350) 630 845

MISS PETTIGREW LIVES FOR A DAY (PG-13) (100 400) 640 910

THE OTHER BOLEYN GIRL (PG-13) (115 415) 710

VANTAGE POINT (PG-13) (305 530) 810 1040

BOWIE STADIUM 14

15200 Major Lansdale Blvd 800-FANDANGO 454#

Adv. Tix on Sale IRON MAN (PG-13) ★

Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★

FORBIDDEN KINGDOM - DP (PG-13) (130 415) 730 1015

FORBIDDEN KINGDOM (PG-13) (245 515) 815 1050

FORGETTING SARAH MARSHALL (R) - ID REQ'D (215 445) 735

88 MINUTES (R) - ID REQ'D (1245 315 545) 830 1100

EXPELLED: NO INTELLIGENCE ALLOWED (PG) (200 430) 700 930

STREET KINGS (R) - ID REQ'D (1230 200 300 445 530) 715 800 945

PROM NIGHT (PG-13) (100 145 315 400 530) 645 745 900 1000 1100

NIM'S ISLAND (PG) (130 345) 615 830 1045

TYLER PERRY'S: MEET THE BROWNS (PG-13) (115 330) 600 815

HORTON HEARS A WHO (G) (245 500) 710 930

COLLEGE ROAD TRIP (G) (1230 230 515)

THE SUPER HERO MOVIE (PG-13) 730 945

BETHESDA 10

7272 Wisconsin Avenue 800-FANDANGO 569#

Adv. Tix on Sale IRON MAN (PG-13) ★

Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★

FORBIDDEN KINGDOM (PG-13) (230 510) 745 1020

88 MINUTES (R) - ID REQ'D (300 530) 800 1030

EXPELLED: NO INTELLIGENCE ALLOWED (PG) (220 440) 700 920

FORGETTING SARAH MARSHALL (R) - ID REQ'D (145 420) 715

STREET KINGS (R) - ID REQ'D (215 445) 715 945

PROM NIGHT (PG-13) (130 345) 600 815 1025

NIM'S ISLAND (PG) (145 400) 645 900

LEATHERHEADS (PG-13) (210 450) 730 1010

21 (PG-13) (200 445) 730 1015

THE BANK JOB (R) - ID REQ'D 745 1015

HORTON HEARS A WHO (G) (130 340 540)

POTOMAC YARD STADIUM 16

3575 Jefferson Davis Hwy 800-FANDANGO 690#

Adv. Tix on Sale IRON MAN (PG-13) ★

Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★

EXPELLED: NO INTELLIGENCE ALLOWED (PG) (205 445) 725 1005

FORBIDDEN KINGDOM (PG-13) (110 150 400 440) 650 730 940

FORGETTING SARAH MARSHALL (R) - ID REQ'D (120 200 410

88 MINUTES (R) - ID REQ'D (450) 720 800 1010

STREET KINGS (R) - ID REQ'D (215 500) 750 1035

SMART PEOPLE (R) - ID REQ'D (135 235 420 520) 710 810 955

PROM NIGHT - DP (PG-13) (300 530) 815

PROM NIGHT (PG-13) (220 510) 740 1005

THE RUINS (R) - ID REQ'D (140 430) 700 925

NIM'S ISLAND (PG) 900 PM

LEATHERHEADS (PG-13) (100 345) 640 910

OC: 21 (PG-13) (1250 340) 630 920

TYLER PERRY'S: MEET THE BROWNS (PG-13) (1255 340) 635 915

HORTON HEARS A WHO (G) (130 355) 620

COUNTRYSIDE STADIUM 20

45980 Regal Plaza 800-FANDANGO 394#

Adv. Tix on Sale IRON MAN (PG-13) ★

Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★

FORBIDDEN KINGDOM (PG-13) (1200 130 230 410 520) 710 800

88 MINUTES (R) - ID REQ'D (1120 1250 220 320 510) 610 750 850

EXPELLED: NO INTELLIGENCE ALLOWED (PG) (1140 210 440)

FORGETTING SARAH MARSHALL (R) - ID REQ'D (1150 1240 140

STREET KINGS (R) - ID REQ'D (240 330 430 530) 630 730 830 920 1020

FORBIDDEN KINGDOM (PG-13) (1130 1230 200 310 450 540) 740

88 MINUTES (R) - ID REQ'D (1135 145 415) 645 910

PROM NIGHT - DP (PG-13) (1220 245 455) 720 955

PROM NIGHT (PG-13) (125 340 550) 820 1035

NIM'S ISLAND (PG) (1145 115 215 420 500) 650 745 915

LEATHERHEADS (PG-13) (100 350) 635 940

OC: 21 (PG-13) (400) 945

THE SUPER HERO MOVIE (PG-13) (1245 300 545) 810

21 (PG-13) (120) 640

DRILLBIT TAYLOR (PG-13) 1025 PM

UNDER THE SAME MOON (PG-13) (110 345) 620 900

HORTON HEARS A WHO (G) (1215 225 445) 715 935

THE BANK JOB (R) - ID REQ'D 1015 PM

ROCKVILLE CENTER STADIUM 13

Rockville Town Center 800-FANDANGO 248#

Adv. Tix on Sale IRON MAN (PG-13) ★

Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★

FORBIDDEN KINGDOM (PG-13) (115 200 400 445) 700 745 945

FORGETTING SARAH MARSHALL (R) - ID REQ'D (145 230 430

88 MINUTES (R) - ID REQ'D (515) 715 800 1000 1045

STREET KINGS (R) - ID REQ'D (130 415) 730 1015

SMART PEOPLE (R) - ID REQ'D (215 530) 815 1045

PROM NIGHT - DP (PG-13) (145 415) 645 915

PROM NIGHT (PG-13) 730 945

OC: PROM NIGHT (PG-13) (345) 830

NIM'S ISLAND (PG) (130) 615

NIM'S ISLAND (PG) (200 445) 715 935

UNDER THE SAME MOON (PG-13) (100 400) 700 1000

HORTON HEARS A WHO (G) (115 345) 645 930

FORGETTING SARAH MARSHALL (R) - ID REQ'D (100 330) 630 845

FAIRFAX TOWNE CENTER 10

4110 W Ox Road 800-FANDANGO 670#

Adv. Tix on Sale IRON MAN (PG-13) ★

Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★

EXPELLED: NO INTELLIGENCE ALLOWED (PG) (145 425) 710 940

STREET KINGS (R) - ID REQ'D (100 140 340 420) 640 720 910 950

PROM NIGHT - DP (PG-13) (110 350) 700 920

PROM NIGHT (PG-13) (150 430) 740 1000

NIM'S ISLAND (PG) (105 330) 650 930

STOP LOSS (R) - ID REQ'D (200 440) 730 1010

21 (PG-13) (120 410) 715 1005

COLLEGE ROAD TRIP (G) (130 345) 630 900

10,000 BC (PG-13) (125 400) 645 945

GERMANTOWN STADIUM 14

20000 Century Blvd 800-FANDANGO 455#

Adv. Tix on Sale IRON MAN (PG-13) ★

Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★

FORBIDDEN KINGDOM (PG-13) (130 245 415 530) 715 830 1000

FORGETTING SARAH MARSHALL (R) - ID REQ'D (115 230 400

88 MINUTES (R) - ID REQ'D (515) 730 830 1015

EXPELLED: NO INTELLIGENCE ALLOWED (PG) (115 430) 715 1000

STREET KINGS (R) - ID REQ'D (145 430) 730 1030

SMART PEOPLE (R) - ID REQ'D (200 415) 700 945

PROM NIGHT (PG-13) (215 500) 800 1015

NIM'S ISLAND (PG) (130 345) 645 930

LEATHERHEADS (PG-13) (100 345) 645 945

21 (PG-13) (100) 700

OC: 21 (PG-13) (400) 1045

THE SUPER HERO MOVIE (PG-13) (200) PM

TYLER PERRY'S: MEET THE BROWNS (PG-13) (445) 800 1045

HORTON HEARS A WHO (G) (100 330) 630 915

UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#

Adv. Tix on Sale IRON MAN (PG-13) ★

Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★

FORBIDDEN KINGDOM (PG-13) (100 200 345 445) 630 730 915

88 MINUTES (R) - ID REQ'D (230 515) 800 1030

FORGETTING SARAH MARSHALL (R) - ID REQ'D (115 215 400

STREET KINGS (R) - ID REQ'D (230 500) 745 1025

SMART PEOPLE (R) - ID REQ'D (115 330) 715 930

PROM NIGHT (PG-13) (215 430) 800 1015

THE RUINS (R) - ID REQ'D 900 PM

NIM'S ISLAND (PG) (145 400) 730 945

LEATHERHEADS (PG-13) (145) 700

21 (PG-13) (130 415) 700 1000

TYLER PERRY'S: MEET THE BROWNS (PG-13) 900 PM

HORTON HEARS A WHO (G) (130 345) 645

THE BANK JOB (R) - ID REQ'D (200 430) 715 1000

MISS PETTIGREW LIVES FOR A DAY (PG-13) (100 330) 630

OC & DA: LEATHERHEADS (PG-13) (415) 945

MANASSAS STADIUM 14

11380 Bulloch Drive 800-FANDANGO 490#

Adv. Tix on Sale IRON MAN (PG-13) ★

Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★

FORBIDDEN KINGDOM (PG-13) (1210 150 250 430 530) 720 820

88 MINUTES (R) - ID REQ'D (1130 200 450) 740 1010

FORGETTING SARAH MARSHALL (R) - ID REQ'D (1145 120 220

STREET KINGS (R) - ID REQ'D (410 510) 700 800 950 1035

SMART PEOPLE (R) - ID REQ'D (1220 420) 710 955

PROM NIGHT - DP (PG-13) (1140 230 515) 745 1030

PROM NIGHT (PG-13) (1250 300 535) 750 1020

THE RUINS (R) - ID REQ'D (1200 210 440) 655 915

NIM'S ISLAND (PG) (605) 1025

LEATHERHEADS (PG-13) (1230 245 500) 715 935

THE SUPER HERO MOVIE (PG-13) (110 400) 645 945

21 (PG-13) (115 215) 810

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Stamped copy on file with IRB: 26 January 2007

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Jessica Rath, PhD
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This study is being funded by the National Institute on Drug Abuse, National Institutes of Health

Entertainment

'Miss' En Scene

Perpetual supporting actress finally gets a chance to be the star

SIDEKICK | Judy Greer is everyone's best friend. On the big screen, she's disrupted yoga class with Katherine Heigl, scheduled appointments for David Duchovny, and dispensed romantic advice to Jennifers Lopez and Garner.

Greer's inherent likability makes her a winning sidekick, but as years have passed and her scene-stealing supporting roles have piled up, a growing number of fans — critics, casting directors, discerning viewers — have wondered: When will Greer get her shot at leading-ladydom? "She's toiled in the trenches doing great work in service of so many other people's starring roles, and she finds joy in that," says producer-director Todd Holland. "My biggest joy would be if she finally gets her moment, because she deserves it."

It seems like that moment is hitting, oh, right about now. "Miss Guided," a winsome sitcom starring Greer as awkward guidance counselor Becky Freeley, recently finished its first season on ABC. Writer Amy Kane's review on Film.com summed up the general reaction quite nicely: "It's about freaking time Judy Greer



ALWAYS A BRIDESMAID: Best known for her role as Kitty, the oversexed secretary on "Arrested Development," Judy Greer hopes her fans will accept her star turn.

got her own show."

Greer definitely sees "Miss Guided" as a break of sorts, even though she's been working steadily in this business for a decade. That said, she doesn't mind the supporting gigs — quite the contrary. "It was never my choice to be a supporting actress, but I love it," she says sincerely. "I love being the funny one; I love giving the big star a break for a second. I just have always looked for my turn. That's kind of what I

felt ["Miss Guided"] was."

And though mainstream America may finally be catching on, Greer says she hasn't felt any extra pressure now that she's the leading lady. "It's a lot busier," she muses. "There's a lot less trailer time, that's for sure. But I haven't really felt any pressure yet. Maybe the pressure part I'll notice more if we get a — I should say when we get a second season. But for now it's just been fun." SARAH KUHN AND JENELLE RILEY (BACK STAGE WEST)

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The Girl Takes on Ipanema

MUSIC | Just when you think you've had about enough bossa nova, along comes vocalist Karrin Allyson's seductive, sometimes sad takes on Brazilian songs, "Imagina: Songs of Brasil," that put the spirit of the new back in the music.

With her vibrant jazz sense of rhythmic phrasing and expressive



Allyson puts a vibrant spin on bossa nova with "Imagina: Songs of Brasil."

way with narrative that any cabaret singer might well envy, Allyson has created exquisite renditions of 14 songs, half by bossa nova maestro Antonio Carlos Jobim, includ-

ing several rarely heard gems.

Emotionally, the music ranges from the celebratory "O Morro Nao Tem Vez (Favela)" to the bluesy or fado-like melancholy of "Pra Dizer Adeus (Time to Say Goodbye)."

The title track is an intoxicating cocktail of Maurice Ravel, romance, the sentimental and the sensuous. "Double Rainbow" is a lyrical samba sonnet to nature. And "Outono (Stay)" is an intimate, impressionist portrait of two lovers' romantic vision of their future revealed in the light of a postcoital afterglow.

The grand finale is "E Com Esse Que Eu Vou," a funky, ebullient invitation to party. OWEN MCNALLY (THE HARTFORD COURANT)



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XX1430C 2/1



AS IF! Alicia Silverstone has recovered from her failed 2003 series "Miss Match" and is heading into the lion's den once more. She'll star in ABC's "Bad Mother's Handbook." You guessed it: She plays the mother of a 16-year-old.

Television

ON TV TONIGHT



DISNEY/PIXAR

TOY SOLDIERS: Richard Roeper will discuss the significance of "Toy Story."

TAKE THAT, DISNEY! Critic Richard Roeper hosts **THE PIXAR STORY** (10 p.m., Starz), a look at the studio behind "Toy Story" and "Ratatouille."

IS THE ELECTION DONE YET? Coverage of the Pennsylvania primary (6 p.m., MSNBC).

SAVE THE PLANET! Earth Day programming includes **EARTH REPORT: STATE OF THE PLANET** (9 p.m., National Geographic), **BIG IDEAS FOR A SMALL PLANET: GEN Y** (9 p.m., Sundance) and **THE GREENING OF SOUTHIE** (9:30 p.m., Sundance).

DR. HOLMES, ON THE CASE! The strange case of the banker and the quarterback on **LAW & ORDER: SPECIAL VICTIMS UNIT** (10 p.m., NBC).

CRISIS OF BELIEF Dahlia remains disillusioned on **THE RICHES** (10 p.m., FX).

SECRETLY ZOOEY DESCHANEL Andy Richter and She & Him are booked on **LATE NIGHT WITH CONAN O'BRIEN** (12:35 a.m., NBC) **KEVIN MCDONOUGH** (UNITED FEATURE SYNDICATE)



JOE SEAMANS

YOU'VE ALWAYS WONDERED: This is what the "Car Talk" guys look like in real life.

Just a Pipe Dream

Radio superstars set out to find a viable 'Car of the Future'

ZOOM | "Nova" (8 p.m., PBS) invites Tom and Ray Magliozzi, better known as Click and Clack from

NPR's "Car Talk," to explore various plans for the "Car of the Future." John Lithgow narrates.

Tom and Ray do a consistent job of disguising their MIT educations behind a barrage of corny jokes. They travel to Iceland, where the government is hoping to harness

hydrogen fuel cells. They visit laboratories where inventors are working on batteries that enable cars to run more than 250 miles between charges. They barge into a Detroit car show to discuss the Chevy Volt, General Motors' promised Hybrid. And they discover that it is still very much a dream car. Battery technology just isn't there yet.

The "Car Talk" guys do a good job of talking with engineers, but they may be too logical for their own good. Everybody knows that car buying is completely irrational.

When Americans buy the car of tomorrow, they will have to be sold on it — seduced by advertising. And the technique for making lean and green seem sexy and powerful is a trick that has yet to be devised. **KEVIN MCDONOUGH** (UNITED FEATURE SYNDICATE)

4.22.08		6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30		
LOCAL CHANNELS	WRC	4 News (N) [RE]		NBC Nightly News	Access Hollywood	Outrageous	Saturday Night Live	Sketches feature Chris Farley. [RE]		Law & Order: Special Victims Unit (N)		News (N) [RE]	Tonight Show		
	WTTG	5 News (N)	TMZ (N) [RE]	The Simpsons [RE]	Seinfeld [RE]	American Idol (S Live) [RE]		(:02) Hell's Kitchen (N) [RE]		News (N)		News (N)	TMZ [RE]		
	WJLA	7 News (N) [RE]	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	According to Jim	According to Jim	Dancing With the Stars (S Live) [RE]		(:02) Boston Legal (N) [RE]		News (N) [RE]	(:35) Nightline (N)		
	WUSA	9 News (N) [RE]	Evening News	News	Entertainment	NCIS "Internal Affairs" (N) [RE]		(:01) Big Brother 9 (N) [RE]		48 Hours Mystery "The Last Take"		News (N) [RE]	Late Show		
	WDCA	20 Judge Judy (N) [RE]	Judge Joe Brown	King of Queens	King of Queens	Street Patrol [RE]	Street Patrol [RE]	Jail [RE]	Jail [RE]	Every-Raymond	King of the Hill [RE]	Law & Order: Criminal Intent [RE]			
	WMPT	22 The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors Md.	Nova "Car of the Future" (N) [RE]		Frontline Global warming. [RE]		Expedition Susquehanna		Outdoors	Fortress Monroe		
	WETA	26 BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		Nova "Car of the Future" (N) [RE]		Frontline Global warming. [RE]		Independent Lens [RE]		Charlie Rose (N) [RE]	Charlie Rose (N) [RE]		
	WHUT	32 World Business	Tavis Smiley [RE]	BBC World News	Moneywise	Mystery! [RE] (DVS)		Livable Landscapes		BBC World News		Tavis Smiley [RE]	Charlie Rose (N) [RE]		
WDCW	50 My Wife and Kids	Family Guy [RE]	Two/Half Men	Two/Half Men	Beauty and the Geek (N) [RE]		Reaper "Rebellion" (N) [RE]		Friends [RE]		Friends [RE]	Family Guy [RE]	Sex and the City		
BASIC CABLE	A&E	Cold Case Files [RE]		CSI: Miami "Payback" [RE]		The First 48 [RE]		Gene Simmons	Gene Simmons	Gene Simmons	Gene Simmons	Gene Simmons	Gene Simmons		
	Animal	The Crocodile Hunter Diaries [RE]		Life in Cold Blood "Land Invaders"		Almighty Amphibians [RE]		Frogmania The lives of frogs. (N)		Animal Cops San Francisco [RE]		Almighty Amphibians [RE]			
	BET	106 & Park: BET's Top 10 Live Top 10 countdown. (N)		College Hill		★ ★ "Next Friday" (2000, Comedy) Ice Cube, Mike Epps, Justin Pierce. [RE]				College Hill	Iron Ring (N)	Black Poker Stars	Com.-Presents		
	Bravo	Work Out		Real Housewives of NYC		Real Housewives of NYC				Work Out "Sky-Lab 2.0" (N)		Work Out "Sky-Lab 2.0" (N)			
	Comedy	(5:00) "Dirty Rotten Scoundrels" [RE]		Scrubs [RE]	Scrubs [RE]	Daily Show	Colbert Report	Futurama [RE]	South Park [RE]	John Oliver: Terrifying Times [RE]		Daily Show	Colbert Report		
	Court	World's Wildest Police Videos [RE]		Cops [RE]	Cops [RE]	Cops [RE]	Cops [RE]	World's Wildest		Most Shocking "Bedlam & Brawls 3"		Forensic Files	Forensic Files		
	Discovery	Cash Cab (N)	Cash Cab	How It's Made		Deadliest Catch "Striking Out" [RE]		Deadliest Catch "A Numbers Game"		The Alaska Experiment		Deadliest Catch "A Numbers Game"			
	DISCH	Code Blue [RE]		Trauma: Life in the ER [RE]		Multiples & Mayhem [RE]		Paralyzed and Pregnant [RE]		Deliver Me "Doctors and Mothers"		Multiples & Mayhem [RE]			
	Disney	Life With Derek	Life With Derek	Hannah Montana	Zack & Cody	"Johnny Kapahala: Back on Board" (2007) [RE]			That's So Raven		That's So Raven	Life With Derek	Zack & Cody	Hannah Montana	
	E!	Swimsuit Moments		E! News (N)		The Daily 10 (N)		50 Most Shocking Celebrity Confessions		Celebrity confessions.		Kardashians	Kardashians	E! News	Chelsea Lately
	FX	(5:00) ★ ★ ★ "American History X" (1998, Drama)		★ ★ "S.W.A.T." (2003) Samuel L. Jackson, A Los Angeles SWAT team must protect a criminal.						The Riches "Dead Calm" (N)		(:01) The Riches "Dead Calm"			
	HGTV	Open House	Hidden Potential	House Worth?		House Hunters		Designed to Sell	My Kitchen	Secrets That Sell	Open House	House Hunters	House Hunters	House Worth?	Hidden Potential
	Family	8 Simple Rules [RE]		8 Simple Rules [RE]		Grounded for Life		Grounded for Life		America's Funniest Home Videos [RE]		America's Funniest Home Videos [RE]			
	History	Modern Marvels: Ice [RE]		Environmental Tech II		The Universe [RE]		The Universe		The Universe Scientists study gravity.		Ax Men "The Close Call" [RE]		The Naked Archaeologist (N) [RE]	
	Lifetime	Reba [RE]	Reba [RE]	Still Standing [RE]	Still Standing [RE]	Reba "Issues" [RE]	Reba [RE]	★ ★ "Queen Sized" (2008, Drama) Nikki Blonsky, Annie Potts. [RE]				Will & Grace [RE]		Will & Grace [RE]	
	MTV	America's Next Top Model [RE]		America's Next Top Model [RE]		America's Next Top Model [RE]		America's Next Top Model [RE]		A Shot at Love With Tila Tequila [RE]		Shot at Love		Tila Tequila	
NICK	SpongeBob	SpongeBob	iCarly [RE]	iCarly [RE]	H2O [RE]	Zoeys 101 [RE]	Home Improve.		Home Improve.	George Lopez [RE]	George Lopez [RE]	Fresh Prince	Fresh Prince		
SCI FI	Stargate SG-1 "Proving Ground" [RE]		Scariest Places on Earth [RE]		Scariest Places on Earth [RE]		Scariest Places on Earth [RE]		ECW Starring ECW Champ Kane.		★ ★ ★ "The Day After" (1983)				
SPIKE	CSI: Crime Scene Investigation [RE]		CSI: Crime Scene Investigation [RE]		CSI: Crime Scene Investigation [RE]		DEA "DEA vs. Heroin Kingpin"		DEA "Deadly Chase"		DEA "Operation Pilli Grinder"				
TBS	Friends [RE]	Every-Raymond	Every-Raymond	Every-Raymond	Family Guy [RE]	Family Guy [RE]	Family Guy [RE]	Family Guy [RE]	The Office [RE]	The Office [RE]	Frank TV	Sex and the City			
TLC	What Not to Wear "Will" [RE]		The New Detectives [RE]		Dateline: Real Life Mysteries (N)		Dateline: Real Life Mysteries (N)		Dateline: Real Life Mysteries (N)		Dateline: Real Life Mysteries [RE]				
TNT	Law & Order "I.D." [RE] (DVS)		NBA Basketball: Western Conference First Round Game 2 -- Mavericks at Hornets				NBA Basketball Western Conference First Round Game 2 -- Phoenix Suns at San Antonio Spurs.								
USA	Law & Order: Special Victims Unit [RE]		Law & Order: Criminal Intent [RE]		Law & Order: Special Victims Unit [RE]		Law & Order: Special Victims Unit [RE]		NCIS "Terminal Leave" [RE]		Monk A man who is dressed as Santa.				
VHI	Rock of Love		Rock of Love With Bret Michaels [RE]		Rock of Love With Bret Michaels [RE]		Rock of Love With Bret Michaels [RE]		Rock of Love With Bret Michaels [RE]		(:05) Rock of Love With Bret Michaels				
SPAN.	TELEM	Los Plateados	Noti-Telemndo	12 Corazones		La Traicion		Victoria		Pecados Ajenos		Noti-Telemndo	Titulares y Mas		
	UNIV	Que Locura	Noticiero Univ	Yo Amo a Juan Querendón		Al Diablo con Los Guapos		Pasión		Aquí y Ahora		Primer Impacto	Noticiero Univ.		
SPORTS	ESPN	SportsCenter (Live) [RE]		E:60 (N)		Football Live	NFL Live [RE]	SportsCenter Special (Live)		Baseball Tonight (Live) [RE]		SportsCenter (Live) [RE]			
	ESPN2	NASCAR Now	Rome-Burning	Interruption		Softball Oklahoma State vs. U.S. National Team. (Taped)		"Hellfighters" (2007, Documentary) Premiere.				E:60 (N)			
	CSN	SportsNite [RE]	SportsNite [RE]	College Baseball LSU at Tulane. (Live)						SportsNite (S Live) [RE]		Washington Post Live			
NEWS	CNN	(4:00) The Situation Room		Pennsylvania Primary Coverage Coverage of the primary. (Live)											
	FNC	Special Report [RE]		The Fox Report With Shepard Smith		America's Election HQ "Pennsylvania Primary" Democratic presidential primary in Pennsylvania. (N)									
	MSNBC	Primary Coverage													
MOVIES	AMC	(5:30) ★ ★ ★ "Ferris Bueller's Day Off" (1986) Matthew Broderick. 'PG-13'				★ ★ ★ "WarGames" (1983) Matthew Broderick. Premiere. 'PG' [RE]				(:15) ★ ★ "King Kong" (1976, Fantasy) Jeff Bridges, Jessica Lange. 'PG' [RE]					
	TCM	(:15) ★ ★ ★ "Support Your Local Sheriff" (1969) James Garner. 'G' [RE]				★ ★ ★ "Easy Living" (1937) Jean Arthur. Premiere. 'NR'				(:45) ★ ★ ★ "Midnight" (1939, Comedy) Claudette Colbert. 'NR' [RE]				Major & Minor	
	HBO	★ ★ "A Good Year" (2006) Russell Crowe, Marion Cotillard. [RE] 'PG-13' [RE]				★ "The Number 23" (2007) Jim Carrey. [RE] 'R' [RE]				(:45) ★ "Waist Deep" (2006, Action) Tyrese Gibson, Larenz Tate. [RE] 'R' [RE]				John Adams	
	MAX	(4:15) Syriana 'R' ★ ★ "The Patriot" (1998) Steven Seagal. [RE] 'R' [RE]				★ ★ ★ "Michael" (1996) John Travolta. [RE] 'PG' [RE]				★ ★ "Miami Vice" (2006, Crime Drama) Colin Farrell, Jamie Foxx. [RE] 'R' [RE]					
	SHOW	(5:30) ★ ★ "Peaceful Warrior" (2006) Nick Nolte. 'PG-13'				★ ★ "Flyboys" (2006) James Franco. Americans volunteer for the French military in World War I.				The Tudors (TV) [RE]				Tracey Ullman	Basic Instinct 2
	TMC	★ ★ ★ "Restoration" (1995, Drama) Robert Downey Jr. [RE] 'R' [RE]				★ ★ "Beautiful Girls" (1996) Timothy Hutton. Premiere. [RE] 'R' [RE]				★ ★ "Mrs. Winterbourne" (1996, Comedy) Shirley MacLaine. [RE] 'PG-13' [RE]					
	STARZ!	(:05) ★ ★ ★ "Cars" (2006, Comedy) Voices of Owen Wilson. [RE] 'G' [RE]				(:05) ★ ★ ★ "Ratatouille" (2007) Voices of Patton Oswalt. [RE] 'G' [RE]				★ ★ "The Pixar Story" (2007) Premiere. [RE] 'G' [RE]				Inside: Pixar Story	
	ENCORE	★ ★ Mystery Men (1:20) ★ "Tomcats" (2001) Jerry O'Connell. [RE] 'R' [RE]				★ ★ "Reality Bites" (1994) Winona Ryder. 'PG-13' [RE]				(:40) ★ ★ "Step Up" (2006, Musical) Channing Tatum, Mario. [RE] 'PG-13' [RE]				★ ★ Sister Act	



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Is your Rheumatoid Arthritis getting the best of you?

The Arthritis & Osteoporosis Center of Maryland in Frederick needs volunteers for a 16 week research study of an investigational drug for subjects with Rheumatoid Arthritis receiving Methotrexate.

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The Federal Law Enforcement Training Center (FLETC) is recruiting for a permanent Contract Specialist, GS-1102-12/13 position. The duty station of the position is Cheltenham, Maryland which is located outside the Capital Beltway, 3 miles south of Andrews Air Force Base. The purpose of this position is to perform the full range of pre-award and post-award functions for a wide range of services, supplies, equipment & construction (predominately services). FLETC is an Equal Opportunity Employer. For more information about this position and instructions on how to apply, please visit <http://jobsearch.usajobs.opm.gov/a9fletc.asp>

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Maryland Department of Juvenile Services
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DJS is continuously recruiting for teachers Statewide in the core academic areas. Currently seeking Special Education teacher, computer teacher (IC 3 program), a physical education teacher and a carpentry teacher located at the Cheltenham Detention Center School located in PG Co. A \$3,000 hiring bonus is available plus a yearly retention bonus. This is a State position with good benefits and a competitive salary scale.

For detailed information and to download the official State application (MS-100), go to www.djs.state.md.us and click on Current Job Announcements.

To apply: Mail MS-100 application along with a copy of certification to Dept of Juvenile Services, One Center Plaza-OHR, 2nd Floor, 120 W. Fayette St., Baltimore, MD 21201.

For information and an application go to www.djs.state.md.us or call 410-230-3260. EOE

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\$51,911 - \$83,350

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Submit a MS100 application to Dept of Juvenile Services - OHR, One Center Plaza, 120 W. Fayette St., Balto., MD 21201. For detailed information & to download the MS100, go to www.djs.state.md.us or www.dbm.maryland.gov. EOE

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Eco-Exits

Society

Green funerals help people save the Earth even after their death

It's no longer enough to live a greener life — now people are being encouraged to be environmentally friendly when they leave the Earth, too.

Cardboard coffins, clothes sewn from natural fibers, a burial plot in a natural setting. Green funerals attempt to be eco-friendly at every stage.

"People are trying to think about what's the best way to live and with that, what's the best way to die," said Roslyn Cassidy, a funeral director for Green Endings, which provides

eco-friendly funerals.

Britain has been a world leader in eco-friendly funerals for years and a source of green burial products and ideas for countries like the United States, where the trend is just starting to catch on. Over the weekend in London, those in the business showcased their products and services at the Natural Death Center's Green Funeral Exhibition.

Some may expect green funerals to be as cheap as a do-it-yourself project, while others might brace for price hikes similar to those for fair-trade food.

But, funeral directors say, green funerals — like any — run the gamut.

"It's about choice, not price," said Fran Hall, marketing director for Epping Forest Burial Park.

For a concept aimed at saving

INSIDE

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NATURAL ARRANGEMENTS: A woman looks into a coffin made of willow at a green funeral exhibition in London, England.

the Earth by going back to basics, an eco-funeral can be more complicated than it sounds. The Natural Death Center provides a handbook that suggests environmental targets for cemeteries.

"You can take any funeral and make it greener," said Michael Jarvis, the center's director.

In a green funeral, bodies are not embalmed and are dressed in pure fiber clothes. Green campaigners

say refrigeration or dry ice is a good alternative to formaldehyde, which can seep into the water system.

Biodegradable coffins also differ from the traditional mahogany. Coffins on display included one made from wicker.

One visitor, Linda McDowall, admired another coffin bundled in a beige, leaf-adorned felt shroud, saying it looked comfortable. "Cozy and warm are not words you associate

with death," said McDowall, 48.

Cardboard coffins — which are as thick as their wooden counterparts — biodegrade within three months.

"The trouble is, they are a bit ungainly to use," said Oakfield Wood burial ground director Oliver Peacock. "They're not terribly easy to handle and if it's wet, they don't look their best either."

REGAN MCTARSNEY (AP)



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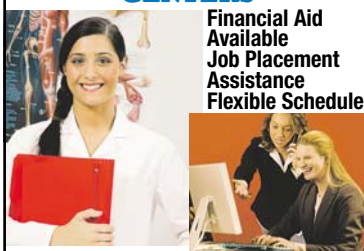
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Technology

Facebook users help translate the site into foreign languages

The three-year-old social networking phenomenon Facebook, worth more than \$15 billion by many estimates, got a good deal on going global. Its users, or “friends,” around the world are translating Facebook’s visible framework into nearly two dozen languages — for free — aiding the company’s aggressive expansion to better serve the 60 percent of its 69 million users who live outside the United States. The company says it’s using the wisdom of crowds to produce versions of site guidelines — especially terms specific to Facebook — that are in tune with local cultures. “We thought it’d be cool,” said Javier Olivan, international manager at Facebook, based in Palo Alto, Calif. “Our goal would be to,



Facebook is being translated into Japanese and other languages by its users. hopefully, have ... everybody on the planet on Facebook.” Coolness aside, other social networks aren’t “crowdsourcing” translation. The move is generating mounting criticism online, where some users question whether amateurs can produce good translations. Critics complain of sloppiness and skimping, even as Facebook says it is improving service. The concept of collaborative

“Our goal would be to, hopefully, have ... everybody on the planet on Facebook.”

JAVIER OLIVAN, FACEBOOK

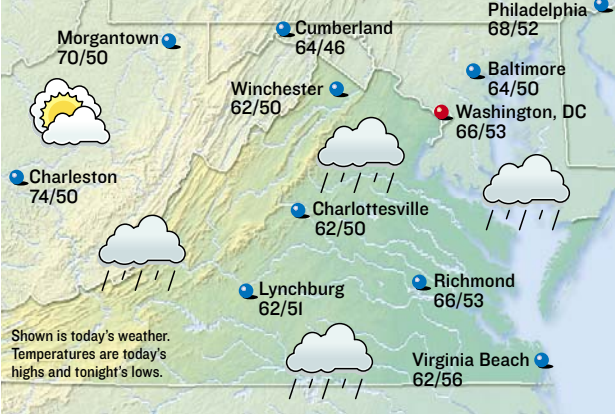
translation is familiar in open-source programming communities. But Facebook’s effort — as it builds sites in Japanese, Turkish, Chinese, Portuguese, Swedish and Dutch to join versions in Spanish, French and German that launched this year — is among the highest-profile attempts to harness users’ energy to do work traditionally handled by professionals. The Spanish-language version has taken a particular beating for grammatical, spelling and usage problems throughout. Ana B. Torres, a 25-year-old professional translator in Madrid, Spain, called the translation “extremely poor,” citing “outrageous spelling mistakes” such as

“ase” instead of “hace” (for “makes” or “does”) and usage of the word “lenguaje” for “language” rather than the correct word, “idioma.” Other critics say Facebook just wants free labor. Valentin Macias, 29, a Californian who teaches English in Seoul, South Korea, has volunteered in the past to translate for the nonprofit Internet encyclopedia Wikipedia, but said he won’t help Facebook. “[Wikipedia is] an altruistic, charitable, information-sharing, donation-supported cause,” Macias told The Associated Press in a Facebook message. “Facebook is not. Therefore, people should not be tricked into donating their time and energy to a multimillion-dollar company so that the company can make millions more — at least not without some type of compensation.” Facebook points out that it has spent considerable resources building the translation program. Olivan said it’s not soaking users but including them in the network’s growth. “If the goal is to save money, we’re doing the wrong thing, because we are basically spending our most valuable asset, which is engineering time,” he said. He said that Facebook relishes being different from competitors. TOMOKO A. HOSAKA (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly cloudy	Mostly cloudy	Partly sunny	Mostly sunny	Partly sunny	Mostly cloudy
66°	53°	72° / 56°	78° / 55°	73° / 57°	74° / 51°

Regional Weather



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Month to date 3.43"
Normal month to date 1.91"
Year to date 11.77"
Last year to date 11.83"
Normal year to date 11.46"

For up-to-the-minute weather, see:
washingtontimes.com/weather

Regional Forecast

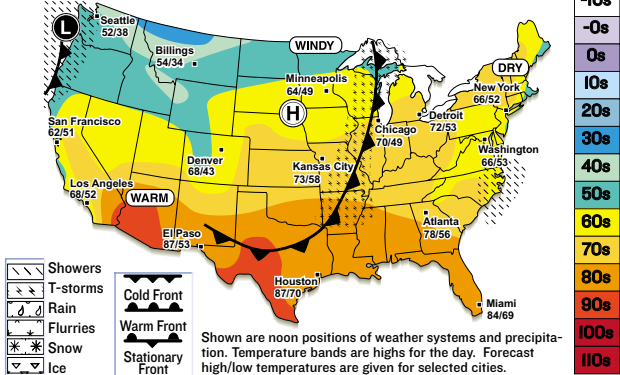
D.C. Metro: Today, mostly cloudy. High 66. Wind east-northeast 8-16 mph. Tonight, mostly cloudy. Low 53. Wind east 6-12 mph.

Sun and Moon

Sunrise today 6:22 a.m.
Sunset tonight 7:52 p.m.
Moonrise today 10:32 p.m.
Moonset today 7:06 a.m.



National Weather for Tuesday, April 22



National Cities

City	Today	Wed.
Atlanta	Hi/Low/W 78/56/pc	76/58/pc
Boston	66/50/pc	73/53/s
Chicago	70/49/t	70/51/pc
Dallas	86/67/pc	82/65/t
Denver	68/43/pc	73/43/pc
Honolulu	84/70/s	84/69/s
Los Angeles	68/52/pc	70/52/pc
Miami	84/69/s	82/68/s
New York City	66/52/pc	71/54/pc
Orlando	82/60/s	82/64/pc
Seattle	52/38/sh	49/39/sh

World Cities

City	Today	Wed.
Amsterdam	Hi/Low/W 57/45/s	63/48/s
Athens	75/59/s	70/55/s
Berlin	59/43/pc	63/45/s
Buenos Aires	81/59/pc	82/61/pc
Calgary	28/15/c	24/14/sf
Dublin	54/43/pc	55/45/pc
Geneva	57/48/r	61/44/c
Moscow	45/32/pc	48/32/pc
Rome	63/48/sh	64/50/c
Sydney	66/57/r	68/57/sh
Tokyo	65/55/pc	66/59/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Styles

LOOK
out

KIRK MCKOY/LOS ANGELES TIMES

Imbibe & Buy

After a cocktail or two, many are splurging online

"It's the vodka nights that really get me into trouble," says Kelly Krause, with a sigh. "I once woke up and I had spent \$700."

Not on martinis. Krause, an independent film publicist with Los Angeles-based firm mPRm, doesn't need a bar stool for her idea of a bender. On Mondays, she sips Pinot Grigio, watches "The Hills" and then visits SeenOn.com to buy accessories from actress Lauren Conrad's wardrobe. Friday nights involve vodka tonics and a hot date with NeimanMarcus.com.

About those Tory Burch flats? "I own several pairs, and I don't recall buying one of them sober," she says.

BUIs — buying under the influence — may be the Internet's dirty little secret. (Then again, how

dirty can you feel when you wake up spooning your keyboard?) With retail e-commerce up 19 percent to \$136.4 billion in 2007, according to the U.S. Department of Commerce, it's not shocking to realize people booze and browse.

Over at online boutique Shopbop.com, traffic doesn't spike after happy hour. In fact, according to the Reston, Va., online research firm comScore, e-purchases made by women in the evening hours total only about 22.6 percent of all online retail sales. But Internet sellers know all about consumers who click on a Marc Jacobs dress and slur, "Hey there, frock. I want to take you home tonight."

"People definitely do it all the time," says Shopbop spokeswoman-an Alle Fister. "It's click, click, click after a few cocktails."

Brits are more up-front about the phenomenon. There's a book titled "Shopping While Drunk: Confessions From Modern Life," and British research firm Conchango deemed the syndrome BLOTO (Buying Loads of Tat Online) in 2005. The firm also found that 7 percent of people polled knew someone who shopped while intoxicated.

The appeal of BUI is as clear as a shot of Stoli. With every glass, inhibitions and judgment soften. Much like drunk-dialing an ex-lover, the impulse to buy becomes an urge that quickly blurs into a

“These boxes show up and I am, like, ‘Oh, my God. I did it again.’”

DENISE WEAVER, SHOPPER

must. Suddenly, that \$850 David Yurman amethyst and 18-karat gold ring don't seem like silly splurges; they're rewards.

"I looked at that ring and thought, 'I work hard, and I deserve it,'" says Denise Weaver, co-founder of Spin Shoppe Canvas, a PR firm based in Los Angeles.

Weaver usually hits the e-racks at 9:30 on weeknights while sipping Pinot Noir. "I never would have treated myself to that ring if I wasn't buzzed, and I love it."

Others are emboldened by a few drinks to flirt with outfits and accessories they typically would avoid. "When I drink and shop, I always think I am a size smaller, and I go for much funkier clothes than my usual black dresses," Krause says. "I buy plaid or polka dots. I once bought a canary-yellow dress."

Fittingly, it's "Last Call" — NeimanMarcus.com's perpetual blowout sale that offers merchandise up to 70 percent off — that hooks many BUI offenders. Weaver dabbles in American Apparel online and eBay, too. She sometimes can't recall where she made her last purchase.

"These boxes show up, and I am, like, 'Oh, my God. I did it again.'"

MONICA CORCORAN (LOS ANGELES TIMES)

Skin Care



Cancer Is No Good

Most cleansers just clean your face, so when one claims to protect your face from sun damage, you pay attention. Of course, St. Ives **ELEMENTS PROTECTIVE CLEANSER** (\$7, drug-stores) offers an SPF of only 10, which is nothing. If the sun is out at all, SPF 10 will protect you for, like, 27 seconds, after which you'll get cancer immediately. Your face will feel clean, sure. But don't think this is enough sun protection by itself, because it's just not. FIONA ZUBLIN (EXPRESS)

Beauty



Glitter Monster

Have you ever put glue on your lips, dipped your face in glitter and then looked at yourself in the mirror and thought, "This is just what I wanted to look like!"? Yeah, neither has anyone else. That's what people look like after applying **VERY SEXY DIAMOND LIP GLIMMER** (\$12, Victoriassecret.com), and it's just not appealing. Are you listening, Victoria's Secret? Nobody wants to look like that — except David Bowie. F.Z.

Look out Online

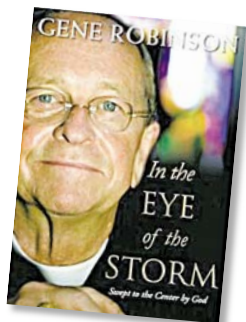

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site specifics

BOOKS

Spiritual Schism

Married and divorced father V. Gene Robinson was consecrated bishop of the Episcopal Diocese of New Hampshire four years ago, but the appointment didn't cause controversy until he revealed that he's gay. Christopher Correa reviews Robinson's biography, "In the Eye of the Storm." | COMING UP



MUSIC

Anti-Buzz & 'Antidotes'

Foals' music sounds like Echo and the Bunnymen mixed with African trance-clangers Konono No. 1. The Brit buzz band, whose debut CD, "Antidotes," hit No. 3 in the U.K., comes to the Rock and Roll Hotel Wednesday, and Aaron Leitko spoke to singer Yannis Philippakis. | COMING UP

SOUND BETS

Sonic Sweets

At Readexpress.com, we love music almost as much as we love chocolate cake. Almost. Still, we'll put down the cake long enough to hunt down cool music videos, including newbies from B-52s (they're back), Lil Mama (she's hot) and Dntel (he's cool). | ONLINE NOW



comment board

“Hillary has been more negative to Obama than vice versa, but Obama has been more negative to voters.”

COMMENTER SKVOZNYAK, WHO ADDED, "BOTH ARE ELITIST SNOBS UNWORTHY OF THEIR SENATE OFFICES, MUCH LESS THE WHITE HOUSE."

“Obama has been mostly counter-punching. If he wanted to be aggressively negative, he has way more ammunition available than Hillary [does]."

COMMENTER ME, WHO ADDED, "EVERYTHING HE DOESN'T USE WILL BE USED [AGAINST HER] IF SHE WINS THE NOMINATION."



“Barack rarely attacks Hillary unprovoked; most of his negative ads are in response to one of her attacks. Honestly, Hillary is almost as bad as Romney was, and look where that got him."

COMMENTER JONATHAN, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "WHICH DEMOCRATIC CANDIDATE HAS RUN A MORE NEGATIVE CAMPAIGN?"

poll center

WHICH DEMOCRATIC CANDIDATE HAS RUN A MORE NEGATIVE CAMPAIGN?

75% CLINTON **25%** OBAMA

SEE HOW YOUR METRO STATION VOTED AT [READEXPRESS.COM/POLLCENTER.PHP](http://readexpress.com/pollcenter.php)

Blog LOG

"You know what's worse than having your mom join Facebook? Having your childhood best friend's mom join Facebook."

PITHYCOMMENTS.WORDPRESS.COM DOES NOT NEED HER GOOD FRIEND'S MOTHER KNOWING THAT SHE "[WEARS] CLOTHES THAT FAIL TO COVER CERTAIN PARTS OF [HER] ANATOMY."



“This is not the ‘Best. Show. Ever.,’ however ironically or unironically or ironically unironic the piece's authors meant it to read."

GAWKER.COM IS DEFINITELY A FAN OF THE CW'S "GOSSIP GIRL," WHOSE SEASON DEBUT AIRED MONDAY NIGHT, BUT DID NOT AGREE WITH NEW YORK MAGAZINE'S ASSESSMENT OF THE SHOW.



“IT'S AMAZING JUST HOW

[Ralph] Nader's history has been buried. [He's] a man who actually did create a movement and actually did make a difference. Obama has not done anything even remotely worthy of being called a 'movement.'"

SUGARNSPICE.TYPEPAD.COM FINDS FILM-MAKER MICHAEL MOORE'S COMMENT THAT "[HIS] ENDORSEMENT IS MORE FOR OBAMA THE MOVEMENT THAN IT IS FOR OBAMA THE CANDIDATE" A BIT MISGUIDED.

“[THE] ABILITY TO TRACK and observe the surfing habits of site visitors is not only not new but will get more and more invasive."

PHOTOBUSINESSFORUM.BLOGSPOT.COM WARNS READERS ABOUT PERSONAL DATA MINING SITES SUCH AS "GOOGLE ANALYTICS."

“I HAD TO GO TO YOUTUBE and play "These Words" for him in its entirety, just to prove where all the 'I love yous' came from."

ZANDRIA.US FOUND HERSELF IN AN AWKWARD SITUATION, AFTER BREAKING INTO SONG, WHEN A MALE CO-WORKER ASKED WHETHER SHE HAD EVER HEARD OF SINGER NATASHA BEDINGFIELD.

Discussions

The Flight Crew

THE FLIGHT CREW was online Monday and talked about traveling to Brazil, Belize and Guatemala, and sleeping in airports.

[I'm] heading down to Belize in June and planning a day trip to Tikal in Guatemala. [I'm] very excited but have heard there is definite danger as far as tourists being held up and robbed there. Do you think it's safe to bring my digital camera and wear shorts, or is it better to stay more covered up and just bring a disposable?

I did that trip a couple years ago and felt perfectly safe. Our driver made sure to get us there and back before nightfall, though.

I am traveling to Brazil in June and I am working on the visa application now. While I am annoyed by the \$130 fee, I understand. My biggest concern is the fact that I have to send my passport (no copies!) in with the application. I have never heard of this.

I know where you're coming from. I also had to surrender my passport when I recently applied for a Brazilian visa and was filled with trepidation about it. The only thing I can say is that the office handled my visa very efficiently, and my des-

ignated passport retriever (!) had no trouble at all picking mine up.

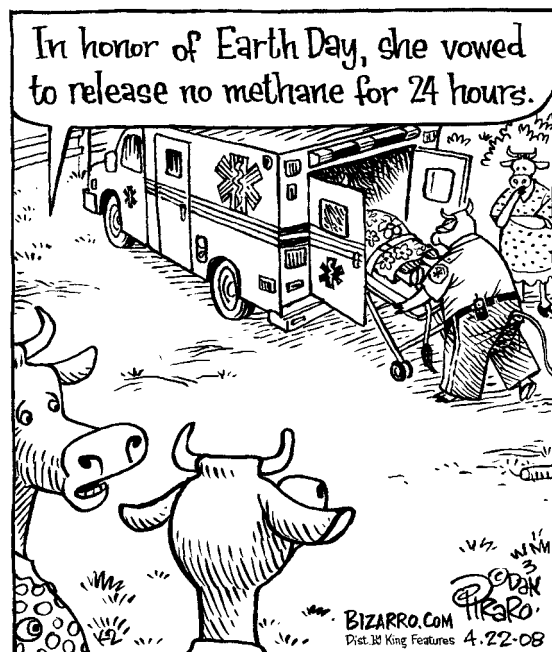
We have a layover from 10 p.m. to 6 a.m. at London Heathrow Airport. What is there to do between [those hours] in Heathrow? Is there anywhere to sleep?

Heathrow has a 24-hour coffee shop and some comfy places to sleep, though you should find a spot early if you don't want to sleep on the floor. I did it last summer, and I was far from the only person camping out for a 6 a.m. flight.

TODAY ON DISCUSSIONS: Poet and veteran Brian Turner discusses 'Here, Bullet,' a volume of poems he wrote while serving in Iraq at 3 p.m. | washingtonpost.com/discussions.

DO

PREPARE FOR A POTENTIAL NAME CHANGE, LOYOLA COLLEGE. The Board of Trustees at Loyola College in Baltimore has given preliminary approval to a plan to change the school name to Loyola University. Final approval of the name change is contingent on additional market research.

Bizarro | Dan Piraro

Cornered | Mike Baldwin

Pooch Cafe | Paul Gilligan

Pearls Before Swine | Stephan Pastis

The Duplex | Glenn McCoy


Horoscope

By Stella Wilder

TAURUS (April 20-May 20) You've believed your own press a little too much lately, and it's time you came back down to Earth and recognized one of your own weaknesses.

GEMINI (May 21-June 20) Be pleasant and generous at all times and you'll make just the right impression. Don't be a fake, however; someone will see through you.

CANCER (June 21-July 22) Focus on hopes and dreams, and on ways you can improve chances of success in a difficult endeavor. Don't sell yourself short.

LEO (July 23-Aug. 22) Friendship is likely to become a central issue before the day is out. Are you possibly doing something to put strain on a relationship?

VIRGO (Aug. 23-Sept. 22) It'll be up to you to whip yourself into shape as quickly as you can. A major challenge is fast approaching. Be ready.

LIBRA (Sept. 23-Oct. 22) Seek and ye shall find — and you'll be delighted with an unexpected result. Many of

your favorite expectations can be fulfilled at this time.

SCORPIO (Oct. 23-Nov. 21) Success is simply a matter of doing things very much by rote, just as you had practiced.

SAGITTARIUS (Nov. 22-Dec. 21) You may find yourself immersed in a surprise situation that is uncomfortable but not at all impossible. Clever action can solve all problems.

CAPRICORN (Dec. 22-Jan. 19) The money may be running out in some respect, and it's time for you to think a little more economically. Keep careful records of expenses.

AQUARIUS (Jan. 20-Feb. 18) The unexpected is not to be feared. Instead, you should enjoy the chance to show off your ability to change and adapt.

PISCES (Feb. 19-March 20) You may be seeing things quite differently from anyone else, and though your explanations are quite clear, you may remain on your own.

ARIES (March 21-April 19) You'll know what is needed almost as soon as the need arises — and this will give you an important advantage over your nearest competitor.



A Border Patrol agent reaches for Elian Gonzalez in a dramatic raid in Miami in 2000.

Today in History

1509 Henry VIII becomes king of England following the death of his father, Henry the VII.

1864 Congress authorizes the use of the phrase "In God We Trust" on coins.

1889 The Oklahoma land rush begins as thousands of homesteaders stake claims.

1970 Millions of Americans concerned about the

environment observe the first Earth Day.

1994 Richard M. Nixon, the 37th president of the United States, dies at a New York hospital four days after suffering a stroke; he was 81.

2000 In a dramatic pre-dawn raid, armed immigration agents seize Elian Gonzalez from his relatives' home in Miami; Elian was reunited with his father at Andrews Air Force Base near Washington.

LOOK out

People



DAVID LIVINGSTON/GETTY IMAGES

Ebert's been off his show since 2006.

AILING

Ebert Hopes to Host Film Festival Despite Surgery

ROGER EBERT hopes to make it to his annual namesake film festival, "Ebertfest," this week despite hip surgery. The film critic, 65, was recovering Friday at a Chicago hospital from minor hip surgery after a recent fall. "If the doctors clear me, I will be there to welcome our guests," he said. (AP)

MISLEADING

News Item Only Tangentially Related to Oprah Winfrey

A Johannesburg court postponed the trial of a former dormitory



matron accused of abusing pupils at a school set up by **OPRAH WINFREY**. A magistrate agreed to a request made by

Tiny Virginia Makopo's lawyer, who said he needed more time to consult with his client. (AP)



BRYAN BEDDER/GETTY IMAGES

IDOLS

Perfect Silence

Vocal problems have forced "American Idol" winner **JORDIN SPARKS** to temporarily withdraw from Alicia Keys' tour and cancel all performances for the rest of the month, a representative said Monday. "Jordin Sparks is on vocal rest and is expected to make a full and complete recovery," 19/Jive Records said in a statement. (AP)

POLITICS

Eurocentric Hysteria Only Funny to Rest Of the World

British comedian **EDDIE IZZARD**, whose acting career is taking off, is eyeing yet another possible career — politician. Izzard told Newsweek he sees himself getting into European politics at some point. "We've got to make it work



Rogue states? Whatever. How's the Euro doing?

in Europe," said the cross-dressing comedian, 46. "People are very worried about sovereignty and the loss of sovereignty. I think the stakes are if we don't make the European Union work, then the world is screwed. End of story." (AP)

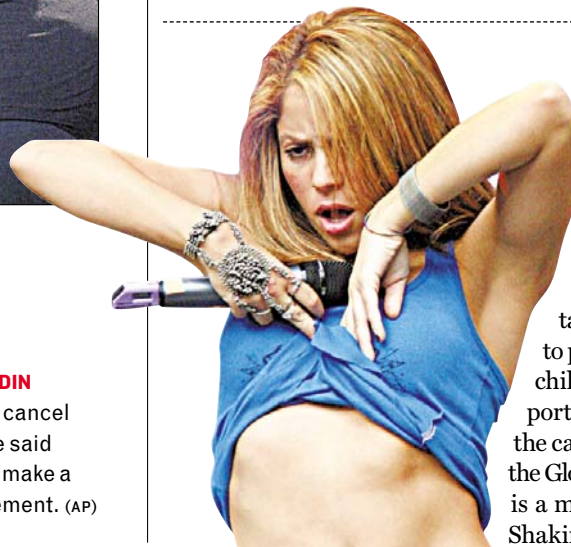
CRIME

'CSI: Money-Hungry New York Publishing House'

The creator of the "CSI" franchise is planning to write his memoirs. In **ANTHONY ZUIKER**'s book, tentatively titled "Mr. CSI," he discusses his



gangster father and the decisions he made during his journey from Las Vegas bell-hop to Hollywood mogul. (AP)



POLITICS

Shakira Is of the 6 Celebs Who Know Tony Blair Is Out of Office

British Prime Minister Gordon Brown joined a telephone conference Monday with **SHAKIRA**, praising the Colombian star for taking an inspirational role in work to provide a basic education for every child in the world. The singer is supporting a week of events to highlight the cause of education advocacy group the Global Campaign for Education. "He is a man with wonderful intentions," Shakira said of Brown. (AP)

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LOOK out

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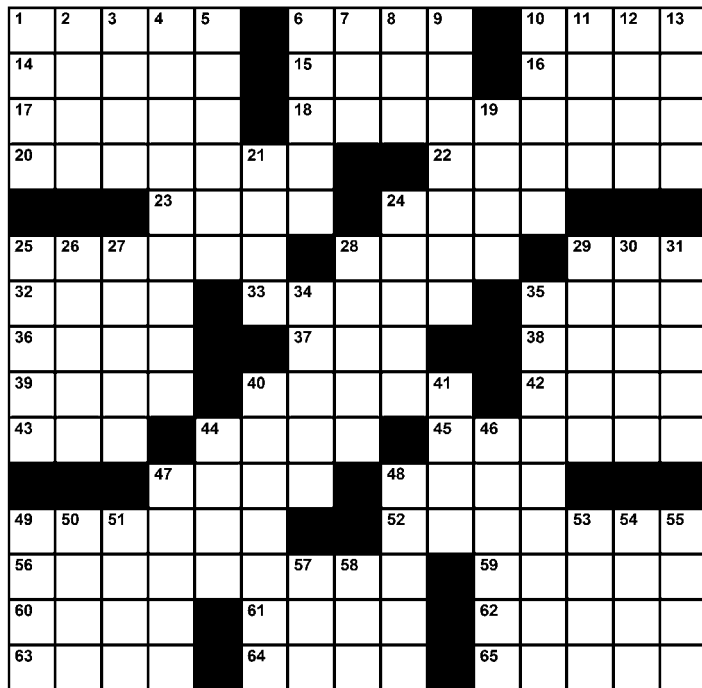
ACROSS

- 1 Attire for the family decision-maker?
6 Needle point?
10 "Pennies ____ Heaven"
14 Previous to, old-style
15 Medicinal plant
16 It's red-hot
17 Cabaret show
18 Dental procedure
20 Kigali resident
22 Dicker, as over price
23 Lendendary burdens for rescue dogs
24 Swamplands
25 Tristan's beloved
28 Filly's father
29 Tarzan's swinging kid
32 Indian princess
33 Adlai's 1956 running mate
35 Marquis portrayed in "Quills"
36 Chief Norse god
37 Kasparov's 16
38 Neck of the woods
39 Affable
40 Hippie adornments
42 Arguments for
43 Neither fold nor raise
44 Cheap way to buy
45 Give the okay
47 Poker giveaway
48 Hanover housewife
49 Nonchalant

- 52 Brittle pancake
56 Pungent cheese
59 Edible pods
60 ____ fixe (obsessive thought)
61 Hospital ward
62 Bridle straps
63 Jury member
64 Wimple wearers
65 About to explode

DOWN

- 1 Young salmon
2 Three or four, say
3 Stellar phenomenon
4 Railroad artery, e.g.
5 Ranked, as in a tournament
6 Tips off
7 "Do Ya" group, for short
8 Locks between Huron and Superior
9 Equine restraints
10 United Nations display
11 Chimed
12 Face shape
13 Survey choice
19 Personal support
21 James who won a posthumous Pulitzer
24 Diabolic type
25 Items in the fire
26 Somerset Maugham character
27 In a state of abeyance
28 Turf you can eat
29 Ballerinas find it supportive

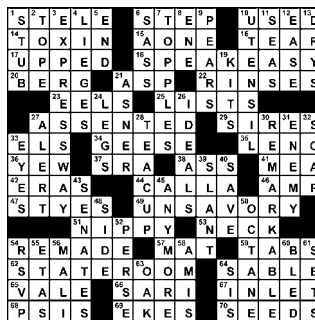


EDITED BY TIMOTHY E. PARKER

- 30 Theater hall (Var.)
31 Bakers get a rise out of this
34 Olfactory clue
35 Certain woodpecker
40 Site of two Confederate victories
41 Likable Lee
44 Suitor
46 Zen Buddhism state
47 Root vegetable
48 Strongholds

- 49 Film segment
50 Nursing assistant
51 "Peter Pan" pirate
53 Soprano's showstopper
54 "Critique of Pure Reason" philosopher
55 Being, to Nero
57 Animal with a mane
58 One, in Berlin

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su/doku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

6	3	8	2	1	7	9	5	4
4	1	5	9	6	3	8	2	7
7	2	9	5	4	8	1	6	3
8	7	6	3	5	2	4	1	9
1	4	2	8	9	6	7	3	5
5	9	3	1	7	4	6	8	2
9	8	1	7	3	5	2	4	6
2	5	4	6	8	9	3	7	1
3	6	7	4	2	1	5	9	8

			6	9			3	
4						7		2
			2			8		
	6	2		3				4
			5		8			
3				1		2	9	
		7			1			
8		4						5
5			3	4				

© PUZZLES BY PAPPOCOM

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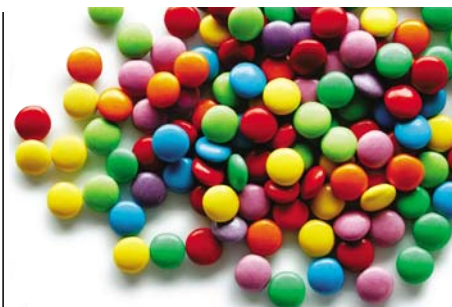
fit



Take the stairs to
improve balance
and strength **E7**



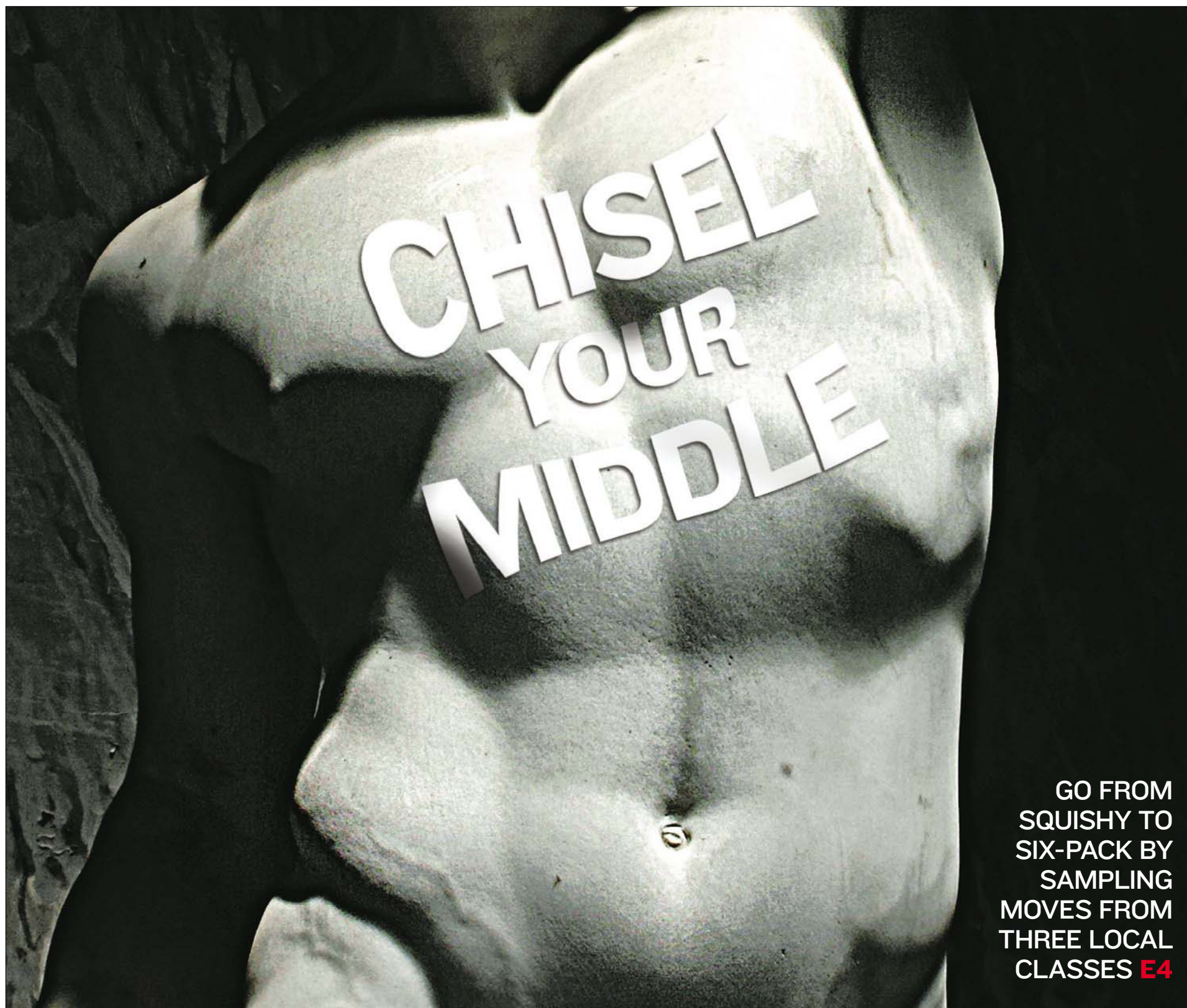
Scientists are
developing
techniques
to make
your body
bionic **E10**



Sugar highs aren't
so sweet for one's
figure or mood **E8**

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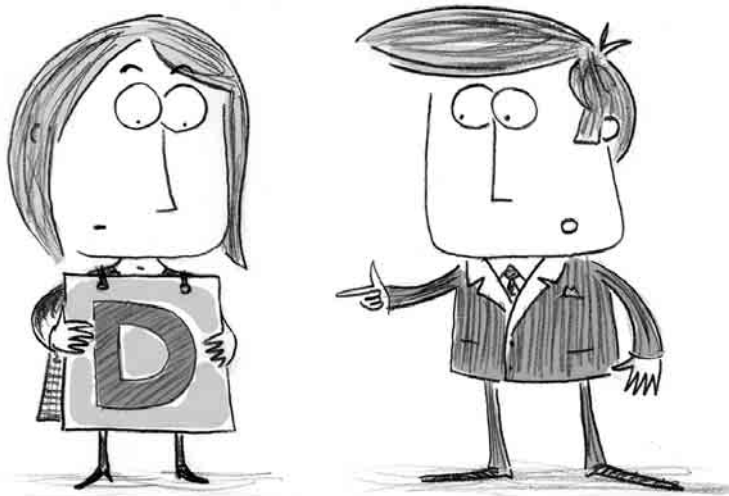


Should the Big 'D' Loom So Large?

Q I am a 25-year-old professional woman who's highly educated and who my friends say is very attractive, funny, etc. I am also divorced. It seems that the last point stops dates dead in their tracks. I know in D.C. it's not common for someone to be divorced at my age; in fact, many guys still seem to live with their parents. I got married to my college sweetheart too soon, and it did not last long. But I sometimes feel that mistake cost me so much. I hate meeting someone who seems awesome, then, when we get to the divorce part, he treats me like trailer trash. I now don't bring it up until several weeks into a relationship, but that does not go over well either.

— NOT WHO THEY THINK

We all have things about ourselves that we are better off to keep from flaunting during our first — or even



"As long as it doesn't stand for 'DEVIL', I'm ok with it."

ERIC REECE

fifth — dates. (My "Elvis is alive" phase, anyone?) But being evasive about something significant can also make one seem defensive. You are divorced — it's a fact and part of who you are — and it doesn't have to appear in the same sentence as "trailer trash" unless you let it. By trying to separate yourself so much from the millions of others who share your status, I wonder whether you're

making your issue even bigger.

I do see your frustration — there's a piece of your image that feels at odds with the person you truly believe yourself to be. But many of us, from trust fund babies to former strippers to guys named Egbert, have this problem, and that's why we must find people who want to know the real us instead of the boxes we check on

the forms at the dentist's office. If you can bring yourself to be patient, you'll see that you have an advantageous screening test. Those who will judge early will judge early, no matter what you do about it — but you can bypass them to get to those who want the showing of the real you.

A Family Diagnosis?

Q My sister has been diagnosed as bipolar. This did not come as a surprise to any of our family after her turbulent (to say the least) teen years. But as I've researched the illness, I'm recognizing things in myself that remind me of the symptoms. I'm wondering whether this is a normal concern to have because I'm so in the middle of my sister's diagnosis right now, or whether there's a possibility I should get checked out.

— CONCERNED IN ARLINGTON

As any medical student knows and every horoscope reader illustrates, it's indeed easy to start recognizing phantom characteristics in yourself when you're reading about them.

But it also sometimes takes see-


ing someone else diagnosed with a disorder in order to acknowledge similar issues within ourselves. If you're concerned, there's no harm

“Those who judge early will judge early, no matter what you do.”

in talking to a trusted doctor or even having an assessment session with a psychologist.

My gut says that if you've never experienced any disruption in your daily life because of these symptoms, chances are there's not much to be concerned about. But any time you have a family member who's had significant psychological problems, it can be helpful to talk to someone, not just to clear your mind about your own health, but to get some support in dealing with that family member as well.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.





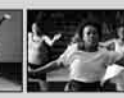


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The Washington Post

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GUINEA PIG



Smell of Champs

■ Finally! It's possible to smell like an Olympic athlete without any sports ability. **WIN HIGH PERFORMANCE SPORT DETERGENT** (\$7, Winddetergent.com) claims to be "scientifically designed to remove embedded sweat and odors from workout clothes." It also boasts that it's the detergent of choice for the U.S. Olympic team in training.

Why is it gold-medal worthy? Because of its Super Oxygenated Formula, silly! What does that mean? Er, there's extra oxygen in it? (Unfortunately, a chemist couldn't be found to consult when piles of stinky softball and cycling attire were piled in a washer on a Sunday afternoon.) The gooey cerulean liquid did seem a little bubblier than the usual Tide. And when in a nose-to-nose sniff test with regular detergent, Win won. T-shirts came out with a sweet chlorine-ish scent, nothing perfume-y or wimpy. Which is how Michael Phelps might smell—if one were to stealthily sniff him. KRIS CORONADO (EXPRESS)



DRINK PINK

It's a sweltering day, and you're craving a refreshing beverage. If you opt for Metamucil Pink Lemonade (\$9, drug-stores), you'll get the extra bonus of clearing out your colon. We were wary of the brown powder at first, but when combined with water, it becomes an entirely inoffensive liquid substance.



BLOAT TRIP

Stop being mistaken for the Stay Puft Marshmallow Man and "Beat the Bloat" (\$10, Hamlyn). The book offers diets to help diagnose lactose intolerance, celiac disease and other GI issues, as well as tips on avoiding fluid retention (sitting upright, shunning booze).



SO INCLINED

Haven't dragged out your step since VHS was in vogue? SPRI's slanted risers (\$50, Sportsunlimited inc.com) turn your old pal into an incline board that's ready for all sorts of new exercises—learn about them with the included 90-minute DVD.



FRUIT FORWARD

There's just one way to make a super-food more super: Inject it with yet another super-food. Hence, you have Fruitaceuticals' new PomaCrans and OmegaCrans (\$25, Amazon.com), dried cranberries enriched with either pomegranate or omega 3-6-9. They tasted like Craisins to us.



Where technology meets tranquility

Dr. Rex H. Hoang, DMD, PC

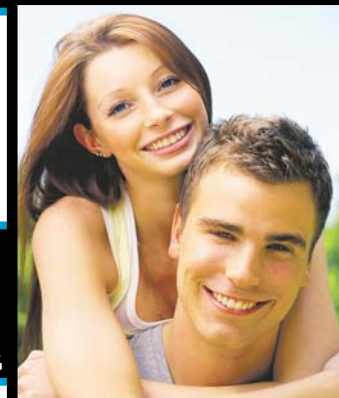
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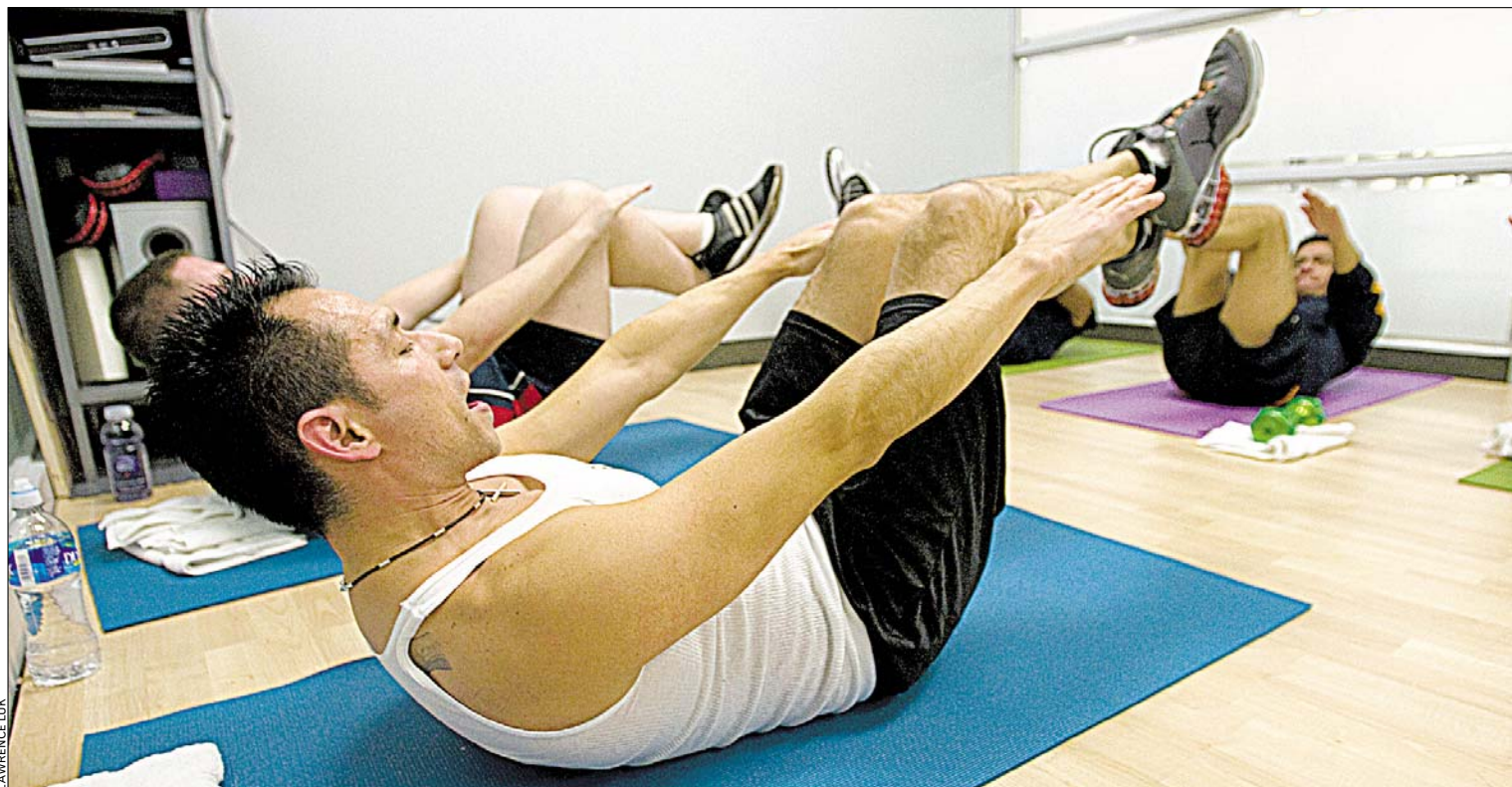
Q I'm having trouble finding a properly fitting sports bra. Some I've tried are so tight that I can hardly get them on. Others are too loose. Where can I shop that has a good variety and knowledgeable salespeople? — ROBIN

■ While most sports bras come in small, medium and large, breasts don't, which is probably why you've been squeezing into some and feeling too free in others. What you need is a sports bra that comes in specific band and cup sizes. And those are more likely to be lurking around lingerie specialty stores than at your local sporting goods behemoth. There's also a better chance they'll be the encapsulation style (which divides, conquers and hooks in the back) rather than the compression kind (which just squishes one's chest into a uni-boob and can be a pain to pull on).

At Trousseau, a shop in Vienna, fit specialist Amanda Bobbitt sees plenty of women who have been looking for support in all the wrong places — 85 to 90 percent of her customers had previously donned the wrong size for all their bras (sports included). So, she measures underneath their armpits to get a band size, takes her tape around the widest part of the breast to get cup size, and then tries several. "The bra should be lying flat against the breastbone without any breast tissue coming out the top, from underneath or out the sides," she explains.

The shopping process is similar at Chevy Chase's Sylene, says co-owner Cyla Weiner, who notes that fit is only half the battle when it comes to sports bras. Without adequate support, a foundation garment isn't worth its underwire. So, she likes women to move around to mimic their workouts. "You can do that easily in a dressing room, and people won't think you're crazy," promises Weiner, who's partial to a Lunaire bra that comes in sizes up to quadruple D (and at \$32 is a relative bargain).

@ Vicky Hallett is one of the MisFits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact the MisFits at misfits@washpost.com.



Dominic Cardoze, front, won't let you down if you take his abs class at Bench Gym. If you fall out of position, you're required to hold the pose for a few extra seconds.

Study This Core Curriculum

You don't need to join a gym to take one of these 3 ab work classes

Dudes obsess over building bigger biceps, and gals are all about perking up their behinds, but both sexes agree on one body part that deserves even more loving: the abs. They're not just the core of the body — they should also be the core of your workout routine. If you're looking for absolute perfection, take your tummy to one of these classes.

Not-So-Short Circuit:

Just in case anyone doubts Mike Everts' devotion to core training, the owner of FIT (1633 Q St. NW; 202-255-7814; Fit-dc.com) offers a free weekly class devoted to the human midsection.

"For a week after class, I can't sneeze or laugh or cough," says regular Mike Sigelman, 30, who keeps returning in order to realize his goal: "I want to do laundry on my abs by July."

He'll be well on his way to that washboard look if he keeps plugging away at exercises like Everts' signature "super crunch": Extend your

arms above your head and lie flat on the ground, then clap your feet and hands together in midair.

The circuit-style class means each person heads to a new piece of equipment every two minutes. By the second station, it's cardio. And by the end of the 70-minute class, it's not so much about actually completing movements as it is struggling to attempt them.

Class is held most Sundays at 12:15 p.m. Size is limited to approximately 10 participants. RSVP to Everts@fit-dc.com.

Quick Change:

The abs class at Bench Gym (1150 18th St. NW; 202-775-9400; Benchgym.com) is basically a personal training session for the core. Bench's group exercise studio can fit only about six students, so instructor Dominic Cardoze can easily keep an eye on form, and any cheating students might be tempted to do, as he leads a nonstop 30-minute strength session.

They're the sorts of moves one might do on one's own — no equipment really necessary. But participants say they push more than they would during a solo workout.

Take, for example, plank pose. Many people may hold the push-up-

esque position during their usual routines. But Cardoze prods his students to complete a few variations. "Plank with the elbows works your back more. Holding plank with your arms works your abs more," he explains.

Students tend to range in age from the 30s to the 50s, so Cardoze is particularly attuned to preventing back injuries. But it's about looking good, too: One crunch requires you to hold a dumbbell between your legs to help promote those coveted V-shape obliques.

Class is held Wednesdays at 5 p.m. It's \$8 per class, with prepayment required. Call to reserve a slot.

Six-Pack Sisters:

The pink walls at Goddess Fitness (4931 St. Elmo Ave., Bethesda; 301-654-2007; Goddessfitness.com) politely tell boys, "Get out." The gym started with pole and chair dancing but is now branching out — although Tina Moran, co-owner and teacher of ABS-olutely Fabulous Core Strengthening, does note that strong abs are key to staying up on a pole.

When Moran and her husband work out, they aim for intervals to burn through more calories, so this class is her way of teaching

the effective method to her gals. They do three minutes of cardio, two of general core strength, one of abs, get a one-minute break and then start over. There are six segments of moves, plus a warm-up with a weighted hula hoop and a cooldown stretch, so it lasts about 50 minutes.

“For a week after class, I can't sneeze or laugh or cough.”

"Class kicks our butt every week," says Megan Woolheater, 26, particularly the "twisties," a cardio move that has students jumping so their feet are facing one side of the room while their arms and upper body are facing the other. Those are followed by two minutes of "Super Woman" (lying on your stomach, raise your limbs as though you're flying) and one minute of "frogs" (crunches while your legs are forming a diamond on the ground).

Class is held Wednesdays at 6 p.m. in five-week sessions. The next one starts May 7. It's \$150 per session. VICKY HALLETT (EXPRESS)

Slow Lifting

One expert promotes quality over quantity for a bigger calorie burn

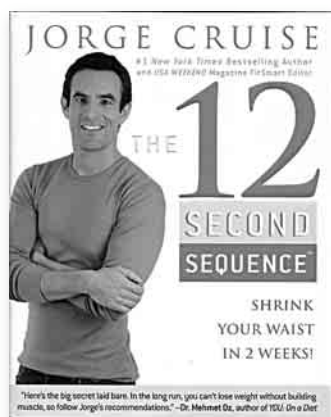
Fitness author Jorge Cruise thinks that just a few minutes per week of properly applied resistance exercise can firm muscles, build lean muscle tissue and trim inches off the waist. In his newest book, "The 12 Second Sequence: Shrink Your Waist in 2 Weeks," he suggests that two 20-minute sessions per week of very slow cadence lifting and static muscle contraction can goose the body to burn 20 percent more calories per day.

Tell us about these exercises.

It's important to remember that these aren't just 12-second exercises. Each move begins with a slow, controlled 10-second movement, followed by a two-second hold — these combined 12 seconds create an incredibly intense and effective fatigue of your muscles. Fatigue is crucial for results — it's what allows you to create new lean muscle tissue, which will start to burn fat and calories when you're at rest. You do four repetitions per body part and 12 exercises per workout, which lasts just under 20 minutes.

So, you really need to feel that fatigue to know that you're doing some good?

You can't change the muscle with-



out fatigue, and it's impossible to really fatigue the muscle without pushing it. The only way it gets transformed is by pushing it beyond what's comfortable. It's kind of like life. Our lives don't really change until those moments where we were pushed, and that's where we grow the most and our life becomes more rich. If you don't push your body beyond what it's comfortable with, nothing changes.

You've developed this plan based on the idea of performing basic exercises very slowly and then holding the pose, with muscles fully contracted. How did you arrive at this?

This is not a new idea. In fact, there have been books written about slow

lifting before, and the concepts were powerful. But I wondered, "How can I make this better?" So, we tested different sequencing options for two years. After experimenting with many different variations, we got the best results by going slow for 10 seconds then stopping statically for two seconds. In my opinion, that little push is the difference between night and day.

Is there one piece of dieting advice you can give?

Number one: Don't skip meals. Eat every three hours. That's the first rule for staying sane and keeping the lean muscle in place. Second, make sure to get the right ingredients at the right times, the protein and the carbs, vegetables and fruit. Then at dinner, you have to avoid or eliminate starchy carbohydrates. Starchy carbohydrates are a big no-no, because that gets stored as F-A-T. Unless you're running a marathon at 9 or 10 p.m., forget it.

Why are we getting so fat?

Honestly, it's mainly because we're not lifting. We've got machines and elevators and escalators to do all the things that require our muscles to engage and lift weights. We put things on dollies, and we have other people lift them. Atrophy is probably the biggest culprit. And that's reversible. JANET CROMLEY



BODY TALK



You could be a hip-hop dancer like these guys at the D.C. Dance Collective.

Free Time for Fitness

Planning on a lazy weekend? Not gonna happen. Here's why:

■ **WALKINGTOWN:** Take to the streets — and alleys and parks — for Cultural Tourism DC's (Culturaltourismdc.org) biannual tour bonanza this Saturday and Sunday. There are 80 guided walks (and guided bike rides) around town, all free and led by knowledgeable folks who can make you forget you're burning calories.

■ **FITARLINGTON SPORTS FESTIVAL:** Virginia isn't just for lovers. It's for exercisers, too, especially this Saturday at Bluemont Park (601 N. Manchester St., Arlington, Arlingtonva.us). Attendees can sample dodgeball, kickball, football, basketball, tennis, soccer or ultimate Frisbee.

■ **DANCE IS THE ANSWER:** Spring is in the air and in your step, right? So, mark National Dance Week, which starts Friday, with free classes at the D.C. Dance Collective, Joy of Motion and other local studios. For the full schedule of hip-hop, break-dance, bhangra, ballet, tap and more, see Dancemetrodc.org.

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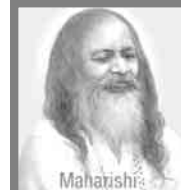


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American Journal of Hypertension, January, 2005
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Take the Stairway to Hotness

Up your fitness to the next level with a free piece of equipment

Stairs are good if you want to get from one level to the next — whether you're going from lingerie to housewares or from jiggly to jacked. Inclines recruit lower-body muscles that standard floor exercises don't and improve balance, says Jeanette Soloma, a personal trainer in Los Angeles.

For a warm-up, walk up and down a flight of stairs for two minutes. Then pump out one set each of these four exercises, moving from one to the next without rest. Try to do them two nonconsecutive days per week.

Stairs recruit lower-body muscles that standard floor exercises don't.

Rotational reach

WORKS SHOULDERS, CORE AND BACK
Get in plank position with your hands shoulder-width apart on a step. Rotate your body to the right as you reach your right hand toward the ceiling. Balancing on your left hand, reach your right hand under your torso and rotate at the waist. Reach up again. Do the rotation 10 to 12 times, then repeat on the other side.

Side squat

WORKS CORE, BACK, HAMSTRINGS, INNER THIGHS, QUADS AND CALVES
Stand a foot away from the bottom



Running up flights of stairs is great for cardio, but use these moves for strength.

GOING PLACES

→ Stairs or elevator? To save time and boost fitness, climb rather than ride — it shaves off 20 seconds per flight, report University of South Carolina at Aiken researchers who clocked office workers traveling from floor to floor. Plus, stair-climbing burns 100 calories every 11 minutes — as many as jogging — while toning hamstrings, quads and glutes (the muscles of the hips and thighs), making it one of the best butt firmers around. Not bad for a workday workout.

step with the left side of your body toward the staircase. Place your left foot on the second step. Raise your arms above your head and straighten your left leg, letting your right leg come off the floor so you're balancing on your left. Hold for one count. Lower your right leg to the floor, then step down with your left. That's one rep. Do 12 to 16 reps, then repeat on the other side.

Spider-Man push-up

WORKS SHOULDERS, ROTATOR CUFFS, TRICEPS, CHEST, CORE, HIPS AND GLUTES

Get in plank position with your hands shoulder-width apart on the second step and your toes on the floor, hip-width apart. Bend your elbows 90 degrees, lowering your chest toward the stairs. Keeping your elbows bent, bring your right knee to your right elbow. Return to plank position and repeat on the other side. That's one rep. Do 12 to 16.

Stair dips with bridge

WORKS NECK, SHOULDERS, TRICEPS, WRISTS, CHEST, CORE, GLUTES AND LEGS

Sit on the edge of the second step with your hands on either side of your butt. With your knees bent, position your feet on the floor shoulder-width apart. Slide your butt off the step and bend your elbows until your upper arms are almost parallel to the floor. Press your pelvis toward the ceiling until your torso and thighs are aligned. Return to start. That's one rep. Do 10 to 12.

(REPRINTED WITH PERMISSION WOMEN'S HEALTH MAGAZINE © RODALE INC.)

TRAILBLAZER



Cycle for Charity

■ Want to do something wheely nice? Sign up for one of these cycling events. You'll get that warm and fuzzy feeling (and uber-taut calves and hammies, too).

Pop by the William Penn House (515 East Capitol St. SE; 202-543-5560) this Saturday for Pedaling for Peace (Williampenhouse.org). The goal is to raise money for the House's service learning projects. Forty-mile rides to Great Falls start at 9 a.m. For those less comfortable with city riding, there's the 26-mile option, which takes the Capital Crescent Trail to Bethesda. Just want to bond with your brood? Try the five-mile, self-guided Family Fun Ride through Capitol Hill at 10 a.m. and learn Quaker historical tidbits along the way. (\$40 adults, \$20 per person for family rides)

Nothing wakes you up like joining 1,000 riders on a 7 a.m., 100 km ride at the 2008 U.S. Air Force Cycling Classic (May 4, Usairforcecyclingclassic.com). The Crystal Ride — eight laps on a 12.5 km circuit along Old Jefferson Davis Highway — spins around the U.S. Air Force Memorial and the Pentagon. Stick around to watch men and women's Pro-Am races. Proceeds benefit the Raisin Hope Foundation, a charity started by pro cyclist Saul Raisin to benefit those with traumatic brain injuries (\$60, \$50 active duty).

Or test your mettle as the national Ride Well: Bike Tour (Ridewelltour.com) rolls into town July 26. One hundred area riders can sign up to cycle with peeps pedaling from L.A. to D.C. to raise money for Blood: Water Mission. The nonprofit aims to build 1,000 wells in 1,000 African communities. The District is one of the few cities in which the public can ride, and the last at that. Hurrah!

KRIS CORONADO (EXPRESS)

VITAL STATS

12

THE NUMBER OF MINUTES PER DAY WOMEN IN A BRITISH STUDY CLIMBED STAIRS. IN 2 MONTHS, THEY CUT THEIR RISK OF CARDIOVASCULAR DISEASE 33%.

Sugar Overload: Are You High?

Our irresistible desire for sweets may be our biggest diet downfall

Consider what you've put in your mouth lately. If it includes anything from rainbow-colored cereal and caramel Frappuccinos to cold cuts and ketchup, there's a decent chance you're riding a sugar rush right now. Don't feel bad — just about every person in America is buzzed. Research shows that nearly a quarter of our daily caloric intake (325 calories on average) comes from sweets like baked goods, desserts, soda and fruit juices. In other words, from sugar.

Now Feel the Rush

Sweet treats are bad news because they typically deliver a load of calories with little to no nutrition. A more troubling fact: As our consumption of the white stuff rises, so do the numbers on our scales.

A study published in the Annual Review of Nutrition analyzed Americans' diets and found that from 1970 through 2000, daily caloric intake among women ages 20 to 39 jumped from 1,652 to 2,028. But get this: Over the same period, the percentage of calories we were getting from fat and protein decreased. Only the amount of carbs (particularly sugar) shot up. There's no dancing around it: Sugar is a huge part of what's making us fat.

Now brace yourself for two more nasty news flashes: 1) Eating sugar can stoke your appetite rather than satisfy it, and 2) it can even become



addictive — that's no surprise to those of us who have a daily 3 p.m. Snickers craving. But don't despair, gummy-bear lovers: There's light at the end of this frosted, candy-coated tunnel. With a little determination, you can train yourself to stop craving sugar. And when you do, you'll experience something truly sweet: weight-loss success.

Sweet and Vicious

The newest threat to our waistlines actually has been decades in the making. In fact, we can pinpoint exactly when the sugar time bomb started ticking: 1967, the year high-fructose corn syrup, the first scientifically engineered sugar, was created. A combination of fructose and glucose, HFCS is a clear, sticky liquid with the consistency of maple syrup that can be cheaper to manufacture and sweeter than natural, cane-derived sugar (1.16 times sweeter, to be exact). That means food companies can use less (though they still use a lot) to achieve the same degree of sweetness, which translates to bigger profits.

Beverage companies, in particular, started buying the stuff by the ton. Over the years, HFCS also began replacing the sugar in cereals, granola bars and even flavored yogurt. By 2000, HFCS accounted for 42 percent of all sweeteners consumed in the United States.

Manufacturers currently use the taste bud-pleasing stuff to flavor a huge variety of products, including foods that wouldn't normally contain sugar and that you probably wouldn't describe as sweet, like the

sesame seed bun on a McDonald's hamburger, or the saltine crackers you crumble into soup.

Taking Our Lumps

Even when you're perfectly aware that your favorite peanut butter is spiked with sugar, buying the unsweetened kind can feel like a major sacrifice of taste and texture. There's a reason you keep coming back for more: You have a habit.

In a 2005 study in *Physiology & Behavior*, a group of Princeton researchers led by psychology professor Bart Hoebel, Ph.D., found

Eating sugar can stoke your appetite and even become addictive.

that eating sugar triggers the release of opioids, neuro-transmitters that activate the brain's pleasure receptors. Addictive drugs, including morphine, target the same opioid receptors.

By constantly eating sugar, you also force your pancreas to work overtime. As you eat more, it pumps out massive amounts of insulin; eventually, your body may become less sensitive to sugar and, essentially, build up a resistance to it. Just as a frequent drinker needs to knock back more beers in order to feel their effects, you can begin to need more sugar to feel satisfied.

The Replacements

How hooked you get on sugar may depend largely on what kind you eat. Reaching for a Sprite Zero isn't the solution: Artificial sweeteners may be almost as bad for you as HFCS.

However, fructose, the natural sugar found in fruit and certain vegetables, doesn't make you immediately feel as if you need another sugar hit again, mainly because the fiber and other nutrients in those foods slow down the digestive process and help keep your blood sugar level stable. That's one reason nutritionists always advise that snacks consist of fruit and not candy. JANE

DI LEO; ADDITIONAL REPORTING BY AMBER J. ADAMS (REPRINTED WITH PERMISSION WOMEN'S HEALTH MAGAZINE © RODALE INC.)



LOCAL FLAVOR

Sushi, Hold the Rice

Common sense tells us that sushi is a nutritious meal that's low in fat and carbs. It would be hard to make the stuff much better for you, right?

Actually, the folks at Singapore Bistro (1134 19th St. NW) believe you can take the popular Japanese specialty to another level of healthiness. They serve "low-carb" sushi rolls, which substitute a thinly sliced cucumber wrapper for the white rice. It might sound like blasphemy to sushi purists, but a sample of the newfangled California and eel avocado rolls had us (almost) seeing how life on the Atkins diet could be tolerable. Yes, it tastes different, but the vegetable jacket is a crunchy, tasty distraction.

"My No. 1 concern is that the food is healthy and delicious," says owner Grace Jin, who started offering the "low-carb" menu two years ago after seeing other diet-friendly rolls at restaurants. She thought the sushi would taste



Cucumber holds the fish together.

best with cucumber, so Singapore Bistro's three sushi chefs quickly rolled up her vision.

The benefits of the low-carb rolls are nothing to shake a chopstick at. "Switching from rice to cucumbers will cut the sushi calories dramatically," says Katherine Tallmadge, a registered dietician and president of D.C.'s Personalized Nutrition. "I think it could be a good weight-control strategy." But, she adds, "nobody got fat from eating too much sushi. It's healthy to begin with." KATIE ABERBACH (EXPRESS)

Way to Lose

A food lover slims down with a new outlook and, of course, recipes

Pam Anderson was a self-confessed "yo-yo mama." The award-winning cookbook author would shed weight on a diet only to gain it right back, and then some. When the 5-foot-4-1/2-inch foodie hit 192 pounds, she took stock of her habits. Anderson told food it wasn't the boss of her. The exercise hater learned that running can be quite satisfying. Yet she did not deprive herself of the food she loves. Fifty pounds lighter, she tells her story — and shares advice — in her new book, "The Perfect Recipe for Losing Weight & Eating Great" (\$27, Houghton Mifflin).

How do you plan your daily eating opportunities?

I see food as pleasure, so I came up with pleasurable eating moments —

like the banana and hot cup of milky tea in the morning before I exercise. That energizes me and allows me to postpone breakfast so I don't end up feeling starved by 10 and forced to eat a mid-morning snack that skews my eating the rest of day.

What was your snacking downfall?

Anything salty, carbohydrate-y, like Goldfish. All the things I have a bottomless pit for.

Do you eat them now?

No. And no potato chips, because they are my ultimate weakness. I allow myself chips on car trips or sometimes a few at a picnic. I found a substitute — my pre-dinner glass of wine with nuts. They're salty and savory and I get my fill pretty quickly, whereas the chips I usually didn't stop eating until I felt gross.

You're eating less than before. Don't you get hungry?

I can't just eat unlimited quantities of whatever I want. But I've given myself eating moments my body looks forward to. And it's not



No, the author Pam Anderson has never met the actress Pamela Anderson.

like I have to eat all those cookies, because who knows when I'm going to eat next.

Are you afraid of carbs?

As you can see from the book, there really are no no-nos. I don't restrict carbohydrates. I love pasta and pizza and I'm not giving up those things. I try to stick with lean protein but I do have one steak recipe.

Even cream sauce survives, but you lighten it up a little.

I make cream sauce less fattening by using evaporated 2 percent evaporated milk, chicken broth, Parmesan, garlic and a tiny bit of flour and butter to give it body.

For folks with a sweet tooth, you suggest adding sugar to the top.

You can get away with using less: pumpkin muffins with orange glaze, fruit parfaits with honey drizzled over the yogurt instead of stirred in.

What are some of your favorite recipes in the book?

I do love that smoked salmon tartare. And the microwave poached egg. You pop the piece of toast down and put the egg in a microwave for a few minutes with vinegar and

salt, and you've got poached egg on toast. Black bean soup is just canned beans and salsa and cilantro and chicken broth — throw it in the blender and heat it up.

What about snacks for traveling?

Yesterday I had teatime on the road. I went to a doughnut shop and tried to buy doughnut holes but they didn't have any. So, I had half a doughnut and a cup of tea.

How do you handle temptation in restaurants?

My husband and I went out for breakfast yesterday. We ordered the biggest breakfast — the sampler — but split it. I ate less than a pancake and a sausage; he ate two eggs and sausage. And that meal was meant for one person! At dinner, we almost always order an appetizer and salad apiece and split the dinner. Between that and the bread and a glass or two of wine, I've never left a restaurant and said, "Gosh, I wish I'd ordered more food."

Does the system keep you from gaining back weight?

If you have a system, at least you know you're deviating from it. There's a reason people stay fit, because they work at it. MARC SILVER

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DIET

Watch Your Mouth

■ Your spouse is struggling with Phase One of South Beach. What do you do? If you said, "Not complain about having to eat all of this delicious cake — oh, so yummy — alone," you're not exactly being supportive. The Journal of Nutrition Education and Behavior reports that a Canadian study has found many partners hinder their beloveds' diet attempts by not changing their behaviors, too.

HEADACHES

Prefer the Pain

■ Finally, a reason to be psyched for having high blood pressure: It's a natural headache remedy. But before you go off and celebrate, realize this tidbit from the April 15 issue of *Neurology* is not actually good news. Your arteries are stiff, which is why you're less sensitive to pain, and you still need treatment. The folks who might really want to rejoice at this news are migraine sufferers. Scientists may be able to use these findings to whip up better headache cures.

SEXUALITY

Hormonal Helpers

■ Ladies with libido woes can derive extra pleasure from using testosterone spray. Or not. Australian researchers randomly assigned 261 women daily doses of a testosterone spray or a placebo, and every one of them reported more sexual satisfaction at the end of 16 weeks. But it wasn't all fun and games — more than 80 percent of the women in the testosterone groups reported adverse side effects (mostly unwanted hair growth), as did 70 percent of women in the placebo group.

Be Unblinded With Science

How today's technology can turn you into a bionic person

It's official: They can rebuild you. Researchers are boldly going where no one has gone before when it comes to the art of human reconstruction. Here's what leading experts say can be fine-tuned through technology.

Spine

Old-school spinal surgery is invasive and painful. But now docs can replace a damaged disc (the cartilage pad between vertebrae) with a stainless-steel version that allows the spine to retain its natural range of motion. It's designed as a metal socket with a steel ball that pivots as you move. And because you don't have to wait for bones to heal, recovery time is only about a week.

Rather not have a spine that sets off metal detectors? In the next five to 10 years, you may be able to get replacement discs created from your own tissue in the lab. Scientists are working on a procedure that would remove cells from faulty discs, inject them with healthy new DNA, and then place the cells back into your spine, where the DNA would help heal the disc from the inside out.

Feet

A new surgical wand called the Topaz can slash the time you spend off your feet after common sports injuries. The device emits sound waves that target damaged



GETTY IMAGES

tissue inside the foot. Just a small incision allows the radio-frequency waves to penetrate the trouble spot and boost blood flow, which speeds healing.

Teeth

Fixing broken teeth or getting a Hollywood smile with a crown or veneer requires multiple visits to the dentist. But the Cerec 3D, a technology that's been gaining popularity among dentists, streamlines the

process. A dentist uses a 3-D camera to take photos of the damaged tooth, and then a computer with a built-in grinding machine assembles a multidimensional image and grinds a perfect match while you wait. Total time in the chair: two hours.

Skin

For anyone who has ever forgotten sunscreen: Remergent's DNA Repair Formula (\$125, remergentskin.com) has been

clinically proven to reverse the effects of sun damage, including wrinkles, according to Ronald Moy, director of dermatology and cosmetic surgery at the California Health and Longevity Institute in Westlake Village, Calif. The science: It contains enzymes that help repair cell DNA while channeling the power of antioxidants to prevent future damage.

“Fractures heal about 30 percent faster with the laser [therapy].”

Eyes

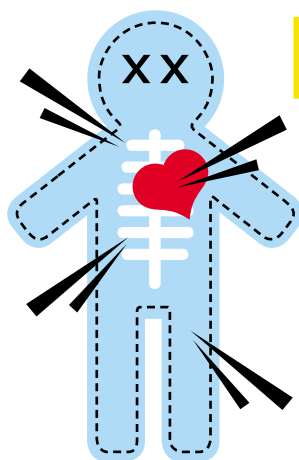
For the more than 110 million Americans with less-than-crystal distance vision, Lasik was a breakthrough, but the surgery still can't guarantee 20/20 vision because it reshapes only the front surface of the cornea. Now a new tool called the Pentacam (available in corneal and laser specialists' offices) creates a 3-D map of both the front and back of your lens in seconds, so docs can further customize treatment.

Bones

If you break your arm, a new laser treatment can help that cast come off sooner. "It uses cold lasers, which emit low-level energy that stimulates cell growth," says Gregory Roche, a reconstructive surgeon based in Michigan. "Fractures heal about 30 percent faster with the laser than without it." The treatment requires several 10-minute sessions over two to four weeks. It's typically used on bones that can't be cast, like ribs and toes, but it also speeds recovery on bigger limbs.

Knees

Women are almost twice as likely as men to need a knee replacement. But until recently, total knee replacements were one-size-fits-all. Today, woman-specific implants are designed to mimic a woman's smaller, narrower knees, and they sit at a proper angle in relation to the hips. HOLLY C. CORBETT (REPRINTED WITH PERMISSION WOMEN'S HEALTH MAGAZINE © RODALE INC.)



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Do you have trouble swallowing? Are there thick, tight spots of your fingers, or red spots on your hands and face? Do your extremities turn blue when you're cold, or are you highly emotional? You could have **SCLERODERMA**, a disease that causes abnormal growth of one's connective tissues. It can affect only the skin, or it can attack the lungs, heart, kidneys and other internal organs; when the latter occurs, the disease can be fatal. Doctors must treat symptoms, as there is no known cure (the red spots, for example, can be removed with lasers). No one knows what causes the affliction, which is four times more common in women than in men. The blue fingers? That's called Raynaud's phenomenon, and it's caused by the narrowing of blood vessels in the hands and feet. SOURCE: NLM.NIH.GOV, MERCK MANUAL

Looks | **fit**

Bite the Bullet (Not the Nail)

When fingertips seem tasty, a new spa program can help kick the urge

Do you find yourself a) waving with closed fists b) wearing gloves despite 80- degree weather or c) cowering in fear when faced with an introductory handshake? If it's all of the above, it sounds like you're a nail biter.

Bad breakup? That thumb looks tasty. Didn't get that raise? Go for the pointer fingernail. (Who needs it when you have Google Maps?) Before you see yourself on the next episode of "Intervention," head to Sesen Spa (111 Church St. NW, Vienna; 703-281-0822) for the Nail Biters Anonymous program.

"Everyone has crazy things going on in life. Some take it out on their nails," says recovering biter/spa owner Lisa Tep "We're not here to judge you." Having hidden her nibbled-down nails since childhood, Tep needed to change her chewing ways. Now she's been bite-free for years.

How did she do it? "Instead of biting, I buffed." She can hit the nail on the head when spotting a closeted chomper. Hands deep in pockets, they blush at the offer of Sesen's signature manicures, bashfully opting for the spa's other services. Tep

couldn't bear to see another burnt-out biter.

She started NBA, a 12-session program designed to break the habit. A \$300 dollar up-front fee may seem like a steep investment, but it keeps customers committed. The initial session sends your nails home with a stylish new look and an anti-bite grab bag: horsetail nail strengthener, cuticle balm, a buffer, an orangewood stick and a pack of Doublemint gum. Sesen teaches you how to use these products at home between sessions; the idea is that you'll eventually want to maintain your nails' prettiness more than you'll want to gnaw on them. "This way, the client will still be paying attention to their nails, just not biting them," Tep says.

Each weekly follow-up session includes an inspection (relapses aren't easily hidden), a manicure and, best of all, free therapy! The manicurists are ready to help you tackle whatever's driving your urge to bite. "Our employees do not pass judgment and are very compassionate," says Tep.

Call the spa when the craving to chomp rears its ugly head, and the manicurists can help you figure out what's going on with *your* head. And with a 0 percent drop-out rate since the program started about two and a half months ago, Sesen has developed a chic cure for chewers. **ROBYN MINCHER**

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